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BASKET BALL GUIDE *for* WOMEN

Revised
for

1915



EDITED BY
SENDA BERENSON
ABBOTT

Formerly Director of Physical Training
Smith College

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**OFFICIAL
RULES**

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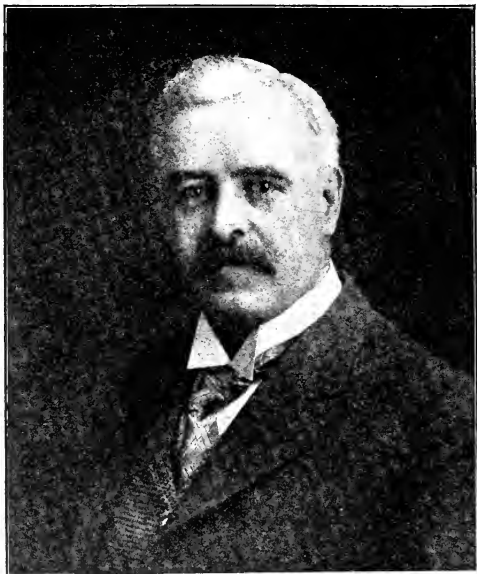
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JAMES E. SULLIVAN

DIED SEPTEMBER 16, 1914

This pamphlet was just ready for the press when the death of Mr. James E. Sullivan, President of the American Sports Publishing Company, publishers of Spalding's Official Women's Basket Ball Guide, came as a shock to us all. I am glad to be able to express in this fitting medium my appreciation of his staunch and courageous attitude toward clean sports for women.

As editor of these rules for fifteen years I have had the opportunity for many conversations with Mr. Sullivan, who was internationally acknowledged as the foremost authority on athletic sport, and I have always come away from his office with the conviction that he was enthusiastically interested in athletics for women as a means of developing health and character, not as an end in itself. These rules have been assailed often by people who have never taken the importance of women's athletics seriously and intelligently; perhaps have never seen them play the game. Mr. Sullivan was never influenced by such critics. His desire, often expressed, was to have basket ball a recreative game for the many instead of a hard and rough game for the few—a game which would develop the spirit of play primarily—not primarily the spirit of emulation. The supporters of sound and wise sportsmanship for women have lost a hearty and steadfast friend in Mr. Sullivan.

SENDA BERENSON ABBOTT.

SPALDING'S ATHLETIC LIBRARY
GROUP VII, No. 7A

Spalding's Official Basket Ball Guide For Women

EDITED BY
SENDA BERENSON ABBOTT
Formerly Director of Physical Training
Smith College

Official Playing Rules Adopted June, 1899,
at Springfield, Mass.; Revised by Executive
Committee of the Basket Ball Rules Com-
mittee, October 23, 24, 1905, at New York
City; Revised September, 1908; Revised
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1914-1915

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1914/15

Publishers' Notice

Spalding's Official Basket Ball Guide for Women is now an annual publication, containing the new rules, revised by a competent committee, with such changes as the previous season's experience warrants. The Rules Committee has made every effort to present these rules in as simple and as clear a manner as possible, so that a beginner, by careful studying, might almost play the game, technically, as well as it should be played. Women's basket ball—and men's, for that matter—should be a clean, healthy and wholesome game. While the rules are clear and explicit as to the conduct of the game, that fact will not stop roughness, trickery or deceit on the part of those who seek to take an undue advantage, and this is where the necessity of competent officials presents itself. The game should be played for the love of it, for the good fellowship it engenders, and the idea that the final score is all that counts should be eliminated. It is the duty of coaches to impress these facts upon those in their charge.

Although, as previously stated, every effort has been made to simplify the rules as much as possible, still points will arise that need explanation, and it will be the pleasure of the publishers to render any help to those desiring it.

The publishers will also be pleased to receive for next year's Guide suggestions from anyone connected with a girls' school, or reports showing how the game has improved and to what extent it has become a feature of physical training in women's educational institutions.

AMERICAN SPORTS PUBLISHING CO.,

21 Warren Street, New York.

Preface

Basket ball as a game for women and girls needs no longer to struggle for existence. It is played by tens of thousands all over the United States. It is an important factor in the recreative sports for women in Europe, Japan, Australia, and has been introduced even among the women in Turkey.

It has had its vicissitudes—its moment of too great popularity—its fight against roughness and ignorance, and has emerged triumphant. If played by girls who are intelligently supervised, it remains to-day what it always has been—the ideal game for women.

We still would urge the importance of an examination by a physician for each player—the superiority of women coaches for women—the greater realization by coaches of their privilege in developing the sense of the joy of living, fair play, and loyalty as well as health and grace in their players.

We still would point to the danger of over-fatigue which comes from playing the game too often or too long at one time. All the symptoms of malnutrition and lack of vitality seen in people who take no exercise are found in people who over-exercise. Each year one or two students enter Smith College who have been distinctly injured by over-exertion in basket ball played in the lower schools under careless supervision or no supervision at all. Girls should never be allowed to continue the game at any one period more than thirty minutes of actual playing time or play it more than twice a week.

Our sincere thanks are due to our contributors for their very helpful articles. We feel convinced that there is no better way to catch the right spirit of basket ball or get better suggestions for playing the game than by reading each and all of them intelligently and carefully. Another help toward achieving clean

and efficient basket ball is to use the new "Women's Basket Ball Score Book," published by The American Sports Publishing Co., 21 Warren Street, New York, price 25 cents (see page 52). By means of this book it is possible to keep a correct score *for the entire season*, not only of the teams as a whole, but of each individual player. It also makes it easier for the scorer to see when a player has made three guarding fouls of the same kind, or three line fouls, and when a player, trying for goal, is fouled three times. The book is 8x5½ inches in size and contains spaces for scoring 27 games.

We get encouraging proof each year of the increasing spread of these rules. We still wish, however, that every one who has the best interests of recreation for women at heart would urge all who play basket ball under any other rules to adopt these for one season. No other game so popular is played with so many petty modifications. Surely it is time for all of us who believe in basket ball to unite in one set of rules.

Those adopted in this volume are the result of the experience of many years. We feel they are as perfect as we have thus far been able to make them. We are open, however, to any suggestions that may still make for a better game. All suggestions sent to us are most carefully considered and those are adopted which may better the game for the many thousands who play it all over the world under all sorts of conditions and varying environments.

All suggestions and questions in regard to the rules should be sent either to Mrs. Senda Berenson Abbott, Northampton, Mass., or Mrs. Julie Sullivan Abel, 21 Warren Street, New York.

THE EDITOR.

Executive Committee on Basket Ball Rules

MRS. SENDA BERENSON ABBOTT,
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Formerly Director Physical Education Smith College.

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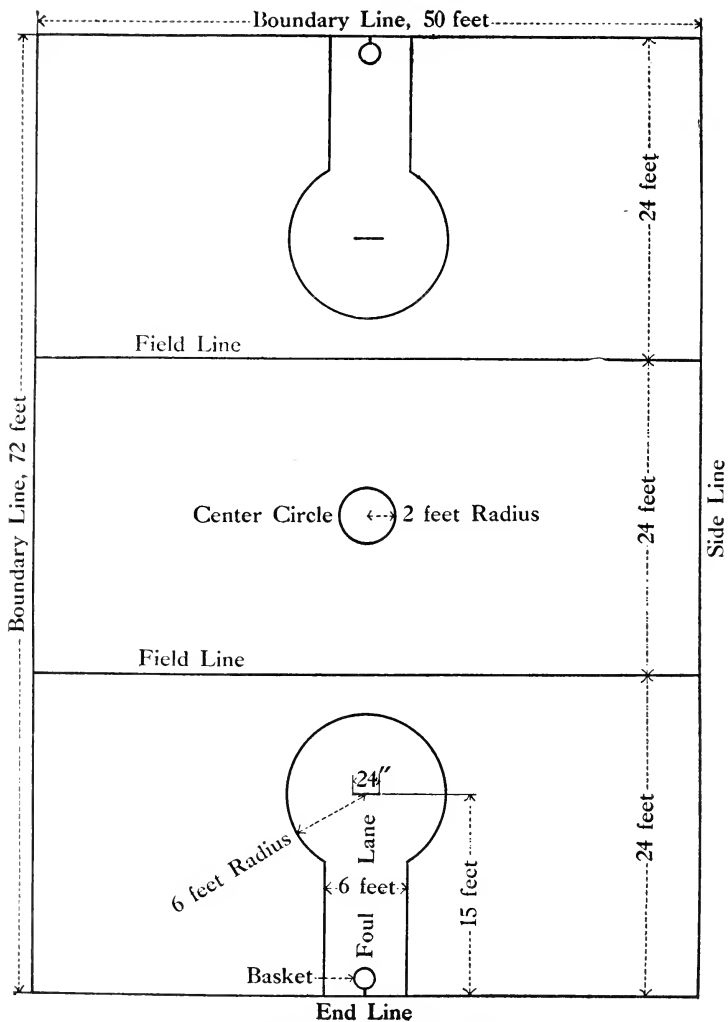


DIAGRAM OF FIELD OF PLAY.

Women's Official Basket Ball Rules

Adopted June, 1899, at Springfield, Mass.; Revised by Executive Committee of the Basket Ball Rules Committee, October 23, 24, 1905, at New York City. Revised September, 1908; Revised September, 1910; Revised September, 1911; Revised September, 1912; Revised September, 1913; Revised, September, 1914.

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RULE I.

SECTION 1. Basket Ball may be played on any **GROUND.** grounds free from obstruction, said grounds not to exceed 6,000 square feet of actual playing space.

SEC. 2. There shall be a well defined line marked **Boundary lines.** around the floor or field. The side boundaries shall be at least three feet from the wall, fence or other obstruction. The end boundaries shall be directly below the surface against which the goal is placed. This line shall form the boundary of the field of play. Upon agreement by both teams the boundary lines may be dispensed with.

SEC. 3. The field shall be divided into three equal **Division lines.** parts by field lines, parallel to the end boundary lines.

SEC. 4. The field shall be laid out as per diagram on preceding page.

SEC. 5. When, however, the playing floor consists of less than 2,500 square feet the field may be divided into two equal parts by one field line, parallel to the end boundary lines. If the field is divided by one field line, centres only may run from one field into the other, but they may not throw for goal from the field or the foul lines. (See page 51.) **Small playing floor.**

NOTE—If one division line is used, centres must wear conspicuous emblems to mark them from the other players.

NOTE.—"Spalding's Official Basket Ball Guide" for men, edited by George T. Hepbron, containing the official rules, is published in Spalding's Athletic Library No. 7.

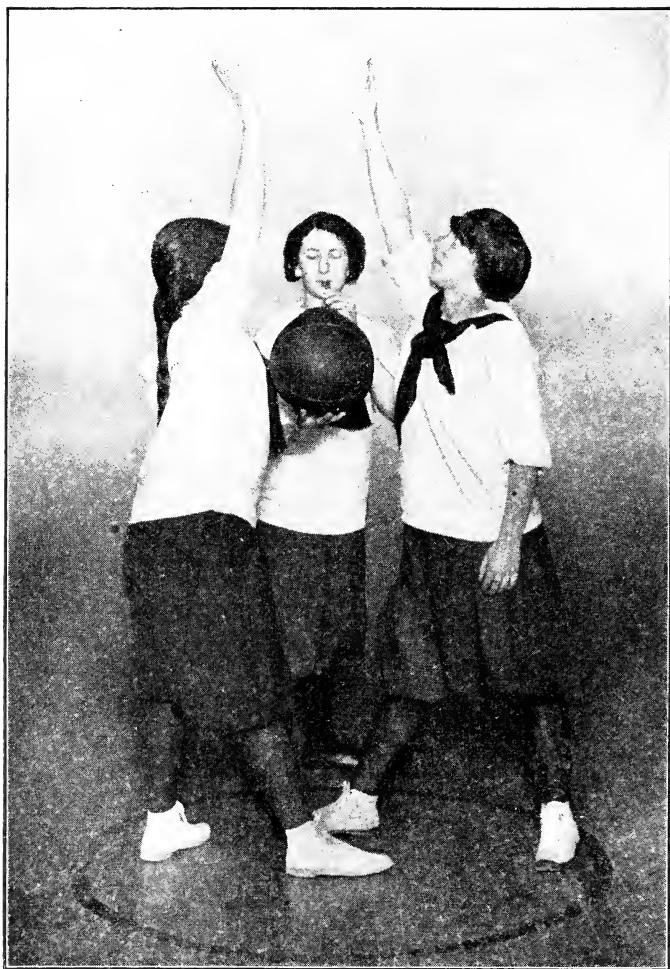


PLATE I.—STARTING BALL IN CENTRE.

RULE II.

SECTION 1. The ball shall be spherical; it shall be made of a rubber bladder covered with a leather case; it shall be not less than 30 nor more than 32 inches in circumference; the limit of variableness shall not be more than one-fourth of an inch in three diameters; it shall weigh not less than 18 nor more than 20 ounces.

BALL.

Size of Ball.

SEC. 2. The ball shall be provided by the home team; except in serial championships, when it shall be furnished by the championship committee; it shall be tightly inflated and so laced that it cannot be held by the lacing, and shall otherwise be in good condition.

Who provides the ball.

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be packed in sealed boxes.



SEC. 4. The official ball must be used in all match games. The REFEREE may in all match games and shall in serial championships declare all games void when this rule is violated.

Official ball to be used in match games.

RULE III.

SECTION 1. The baskets shall be hammock nets of cord, suspended from metal rings 18 inches in diameter (inside). The rings shall be placed 10 feet above the ground in the centre of the short side of the actual playing field. The inside rim shall extend 6 inches from a rigid supporting surface.

BASKETS.

SEC. 2. In case the supporting surface is not a wall of the building, a special background must be provided, which shall measure at least 6 feet horizontally and 4 feet vertically, and extend not less than 3 feet above the top of the basket. It may be of any solid material, but must be *permanently* flat, perpendicular and rigid.

Background.

Solid material.

SEC. 3. The baskets shall be rigidly supported.



PLATE II.—WRONG GUARDING.

There must be no projections beyond the sides nor above the upper edge of the basket.

SEC. 4. The baskets made by A. G. Spalding & Bros. shall be the official baskets.

OFFICIAL BASKET.

SEC. 5. The official baskets must be used in all match games. The REFEREE may in all match games and shall in serial championships declare all games void when this rule is violated.

Official baskets to be used in match games.

SEC. 6. No spectators or others shall be permitted nearer than six feet to the baskets in any direction. The REFEREE shall see that this rule is enforced.

Spectators six feet away.

RULE IV.

SECTION I. Teams shall number not less than *five* nor more than *nine* members.

TEAMS.

(NOTE—Those who are playing the position of home must stay in their own home section, except during the "time out" or between halves. Those playing the position of centre must stay in the centre section, except when the field is divided into two sections only, and those playing the position of guard must stay in their respective sections except during "time out" or between halves.)

Position of players.

RULE V.

SECTION I. The officials shall be a REFEREE, an UMPIRE, a SCORER, a TIMEKEEPER and two LINESMEN.

OFFICIALS.

SEC. 2. Except when one division line is used, the number of officials may be changed to a REFEREE, two UMPIRES, a SCORER, a TIMEKEEPER and four LINESMEN, upon agreement by both teams.

RULE VI.

SECTION I. The REFEREE in all cases must be a thoroughly competent and impartial person, and

REFEREE.

Referee an outsider.



PLATE III.—CORRECT GUARDING.

shall not be a member of either of the competing organizations.

SEC. 2. In all but serial championship games the visiting team shall choose the REFEREE, but shall notify the home team before the day of the game. Any team neglecting to send such notification within the limit specified shall forfeit the right to appoint the REFEREE. In all serial championship games the REFEREE shall be selected by the championship committee.

SEC. 3. Before the game begins the REFEREE shall see that the regulations respecting the ball, baskets, grounds and spectators are adhered to. (Rule III, section 6.) By mutual agreement of the CAPTAINS, the REFEREE may allow alterations in the rules regarding extent of boundary or side lines and time of halves, but not regarding rules for goal, ball, teams or spectators. The REFEREE shall ascertain before the commencement of the game the time for beginning or any other arrangements that have been made by the CAPTAINS or committee in charge.

Alterations in rules, about grounds and time.

SEC. 4. The REFEREE shall be judge of the ball. She shall decide when the ball is in play, to whom it belongs, when a goal has been made, *and have power to call all fouls provided for in the rules.*

REFEREE IS JUDGE OF THE BALL.

Referee decides when ball is in play and when goal has been made and may call all fouls.

SEC. 5. The REFEREE shall approve of the SCORERS, TIMEKEEPERS and LINESMEN before the game begins.

SEC. 6. Whenever the ball is put in play by tossing it up the REFEREE shall stand so that she shall throw the ball in a plane at right angles to the side lines.

Ball; how put in play.

SEC. 7. The REFEREE shall call time when necessary by blowing a whistle.

How to call time.

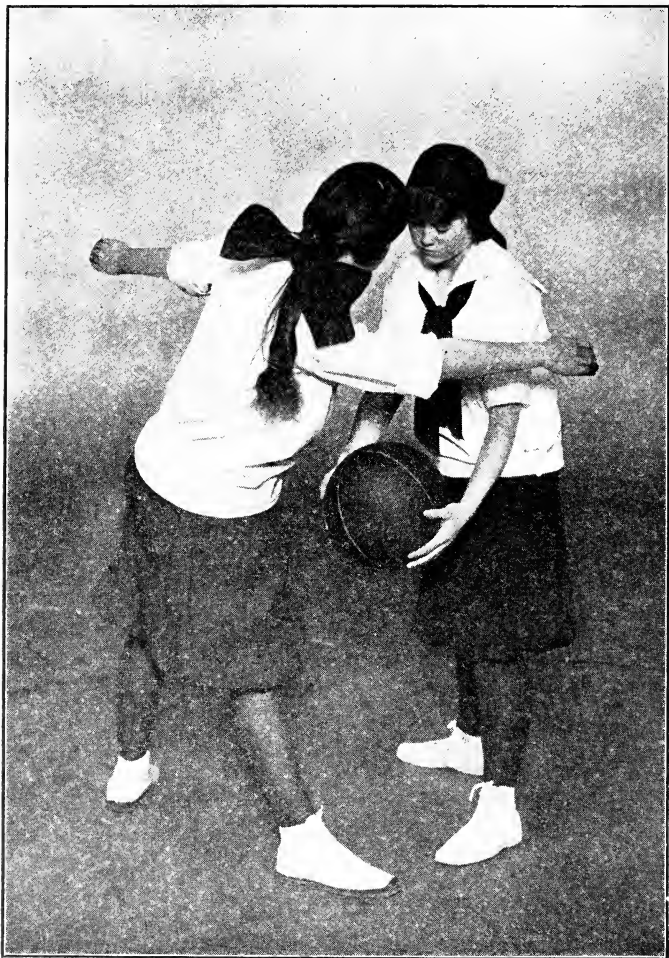


PLATE IV.—GUARDING AROUND. (WRONG GUARDING.)

SEC. 8. No player but the CAPTAIN shall address any official. The REFEREE shall call a foul for violation of this rule. (Rule XII, section 3*b*.)

Referee calls foul on player who speaks to officials.

SEC. 9. The REFEREE is the superior officer of the game and shall decide all questions not under the jurisdiction of the other officials, but she shall have no power to alter the decisions made by the other officials when these are in regard to matters under their jurisdiction.

Referee cannot alter decision of other officials.

SEC. 10. The REFEREE'S term of office shall only extend from the time the game begins until it is concluded, and her decision awarding the game must then be given. Her jurisdiction shall then end and she shall have no longer any power to act as REFEREE.

Referee has no power after game.

SEC. 11. The REFEREE puts the ball in play. (Rule XII., sections 4, 5 and 6.)

Duties of the Referee.

SEC. 12. Makes all decisions on violations of Rule XII, section 5.

SEC. 13. Decides when a goal has been made. (Rule XII, section 30.)

SEC. 14. Indicates the two players nearest the ball when time was called and who are to jump for it when play is resumed. (Rule XII, section 7.)

SEC. 15. Throws ball up when it is held by two or more players for any length of time. (Tie ball.) (Rule XII, section 22*a*.)

SEC. 16. Indicates which player had her two hands on the ball first (Rule XII, section 21*c*.)

SEC. 17. Awards point to opposing team when basket is touched. (Rule XII, section 31.)

SEC. 18. Awards point to opposing team for three guarding fouls at basket. (Rule XII, section 33*a*.)

SEC. 19. Makes decisions in Rule XII, sections 30-36.



PLATE V.—CORRECT GUARDING.

SEC. 20. Decides on violations of Rule XII, section 37.

SEC. 21. Decides whether ball was in the air when whistle sounded and whether goal counts. (Rule XII, section 32.)

SEC. 22. Decides whether goal thrown by team making a foul counts. (Rule XII, section 34.)

SEC. 23. When whistles of two or more officials are sounded simultaneously, the one calling attention to a foul shall take precedence.

SUGGESTION.—That whistles of different pitch be used.

SEC. 24. Makes decisions on goals thrown according to Rule XII, section 35.

SEC. 25. Blows whistle when ball goes out of bounds. (Rule XII, section 11.)

SEC. 26. Makes decisions when ball is caused to go out of bounds. (Rule XII, section 12.)

SEC. 27. Decides when player has held the ball more than five seconds out of bounds. (Rule XII, section 16.)

SEC. 28. Decides when game has been won by default according to Rule XII, section 39.

SEC. 29. Decides when game has been won by default according to Rule XII, section 40.

SEC. 30. Announces score of a defaulted or forfeited game. (Rule XII, section 42.)

SEC. 31. Disqualifies for rough play or for four fouls of same kind. (Rule XII, section 25.)

SEC. 32. Calls fouls for persistent or intentional delays. (Rule XII, section 3a.)

SEC. 33. Calls fouls when following rules are violated: Rule XII, sections 4, 6 and 33b. *Referee calls fouls.*

SEC. 34. Referee *alone* may call "time out" and "time" at end of halves. (Rule IX, section 3.)

SEC. 35. The REFEREE is the superior officer of



PLATE VI.—GUARDING AT WALL.

the game and shall decide all questions not covered by these rules.

RULE VII.

SECTION 1. The UMPIRE in all cases must be a thoroughly competent and impartial person and shall not be a member of either of the competing organizations.

SEC. 2. In all but serial championship games the home team shall choose the UMPIRE, but shall notify the visiting team of such selection before the day of the date fixed for the game. A team neglecting to send such notification within the time specified, shall forfeit to the visiting team its right to appoint the UMPIRE. In serial championship games the championship committee shall appoint the UMPIRE.

SEC. 3. The UMPIRE shall be judge of the players, shall make decisions and call fouls as follows: UMPIRE call fouls for violations of Rule XII, sections 9, 10, 18, 19, 21*b*, 21*d*, 23, 24, 25, 33*b*, 43, 44, 45.

SEC. 4. When two UMPIRES are used, the UMPIRES shall make their decisions independently of each other, and a foul called by one shall not be questioned by the other.

SEC. 5. Whenever a foul is made the UMPIRE shall blow a whistle, indicate the offender, and announce the nature of the foul, so that the offender, the SCORER and the spectators can hear it.

RULE VIII.

SECTION 1. The SCORER shall be appointed by the management of the home team, subject to the approval of the REFEREE. If the visiting team so desires they may appoint an ASSISTANT SCORER, subject to the approval of the REFEREE. The ASSISTANT SCORER shall have no power to make decisions and shall perform such duties as

UMPIRE.

Umpire,
Outsider.

UMPIRE IS JUDGE OF PLAYERS.

Umpire calls these
fouls.

Umpires not to
question each
other's decisions.

Whistle blown on
foul.

SCORER.

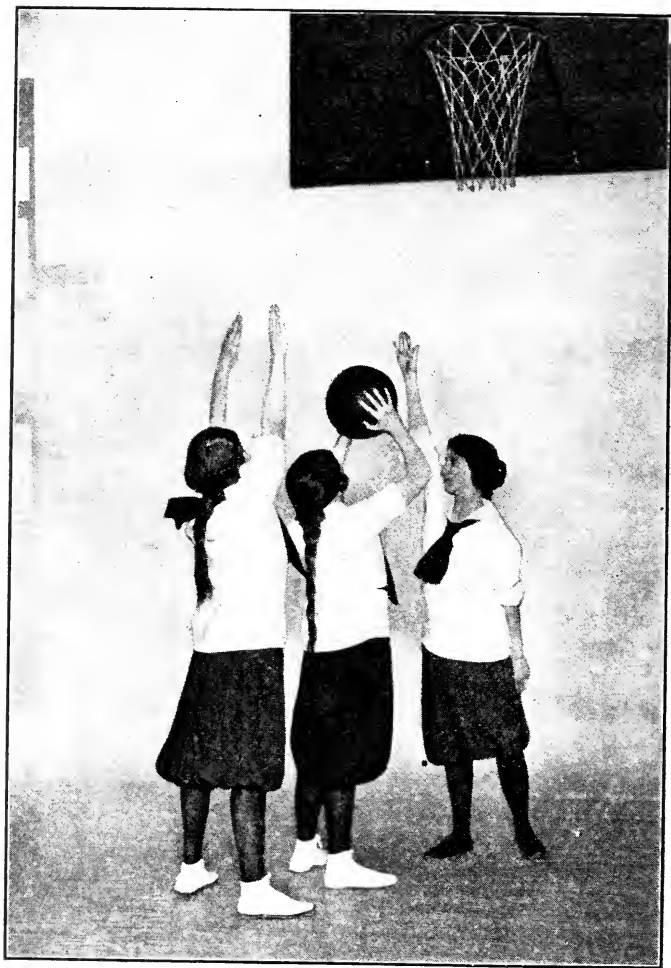


PLATE VII.—“BOXING UP.”

are assigned by the SCORER. The SCORER'S record is the only official score. In serial championship games the SCORER and her assistant shall be appointed by the Championship Committee, and their relation to each other shall be the same as the foregoing.

SEC. 2. The SCORER, before the commencement of the game, shall secure from the management of each team a list of their players, with their positions.

Scorer to get names.

SEC. 3. She shall notify the REFEREE when a player shall be disqualified according to Rule XII, section 25*b*.

Scorer must notify referee about disqualifying players.

SEC. 4. She shall notify the REFEREE when a player trying for goal is fouled three times by the opposing team according to Rule XII, section 33*a*.

Official score.

SEC. 5. Match games shall be scored according to the details on the model score card, page 52 of this volume, *and this shall constitute the official record of the game.* (See Preface.)

SEC. 6. The use of blackboard, cards, etc., to announce the score to spectators, shall be in charge of the SCORER or one of his assistants and only the official score shall be announced thereon. In case of mistake on the board, cards, etc., it shall be corrected according to the record on the official score card.

Blackboards, cards, etc., for announcing score, to be in charge of official scorer.

RULE IX.

SECTION I. A TIMEKEEPER shall be appointed by the management of the home team, subject to the approval of the REFEREE. If the visiting team so desires they may appoint an ASSISTANT TIMEKEEPER, subject to the approval of the REFEREE. The ASSISTANT TIMEKEEPER shall have no power to make decisions, and shall perform such duties as are assigned by the TIMEKEEPER. The TIMEKEEPER'S record is the only official time. In serial championship games, the TIMEKEEPER

TIMEKEEPER.



PLATE VIII.—GUARDING WITH HAND TOUCHING BALL.
(WRONG GUARDING.)

and her assistant shall be appointed by the Championship Committee and their relation to each other shall be the same as the foregoing.

SEC. 2. She shall note when the game starts and shall blow her whistle indicating the expiration of the actual playing time in each half.

Only the Referee may call "time" at end of halves. (Rule VI, section 34.)

SEC. 3. Time consumed by stoppages during the game shall be deducted only on order of the REFEREE. Time involved in making "free throws," etc., shall not be considered stoppages.

Time out only on referee's order. Time not deducted for "free throws."

RULE X.

SECTION 1. The LINESMEN shall be appointed by the management of the home team and subject to the approval of the REFEREE.

SEC. 2. There shall be two LINESMEN; one from each side. (Rule V, section 2.)

SEC. 3. The LINESMEN shall stand at the ends of the division lines. Their particular places shall be assigned them by the REFEREE.

Position of Linesmen.

SEC. 4. The LINESMEN shall be judges of fouls made by stepping on or crossing over the field lines, or touching the field lines or the ground beyond with any part of the body or clothing, and shall call such fouls.

Linesmen call Line Fouls.

RULE XI.

SECTION 1. CAPTAINS shall be indicated by each team previous to the commencement of a match; they must be players in the game.

CAPTAINS.

SEC. 2. The CAPTAINS shall be the representatives of their respective teams. (Rule XII, section 3b.)

NOTE—Captains may talk to members of their teams (quietly) during active playing, provided they do not go out of their own territory.

SEC. 3. The CAPTAINS shall toss for choice of baskets and be entitled to call the attention of the

Captains speak to officials.



PLATE IX.—THREE HOLDING BALL, TWO ON SAME TEAM.
(WRONG PLAY.)

officials to any violation of the rules which they think have been made.

SEC. 4. Before the commencement of a match each captain shall furnish the SCORER with a list of her players with their positions.

RULE XII.

SECTION 1. The game shall consist of two halves of fifteen minutes each, with a rest of ten minutes between the halves. This is the time of actual play. These times may be changed by agreement of CAPTAINS and REFEREE except in serial championship games, in which case the Championship Committee shall make the change if necessary. Time of halves.

SEC. 2. The teams shall change baskets at the end of the first half.

SEC. 3a. Any persistent or intentional delay of the game shall be counted as a foul against the team so delaying. The REFEREE shall call this foul. Persistent or intentional delay of game.

(EXAMPLE—"Failing to get up as soon as possible after having fallen down," when in possession of the ball.)

SEC. 3b. No player but the CAPTAIN shall address any official. The REFEREE shall call a foul for violation of this rule.

SEC. 4. At the opening of the game, at the beginning of the second half, after each goal, and at such other times as hereafter provided, the REFEREE shall put the ball in play at the centre. Whenever the ball is put in play at the centre the players who are to jump for same must keep both feet within the circle, and the REFEREE shall toss the ball up in a plane at right angles to the side lines to a greater height than either of the centre players can reach by jumping and so that it will drop between them. Sec. 3a may be applied when players delay game by not coming to centre promptly or Ball, how and when put in play at centre.



PLATE X.—“TIE BALL.”

by stepping out of circle before or during jumps.
(Plate I.)

SEC. 5. When the REFEREE puts the ball in play at centre, she shall blow her whistle when the ball reaches its highest point, before which neither of the jumping centres must touch it. If the ball is batted to outside by one of the centres it shall be given to an opponent out of bounds. When batted to outside by both centres simultaneously it shall be thrown up between the two players indicated by the REFEREE at the place where it left the field of play. Whenever the ball is tossed up by the REFEREE between two players, whether in the centre or elsewhere, the ball must be batted, not caught. Neither of the players jumping may catch the ball until it has been played by some other player than those jumping. The REFEREE shall call a foul for violation of this rule.

Ball to be touched first by one or both jumping centres.

NEW RULING.

SEC. 6. Whenever the ball is put in play other than in the centre, the players who are to first touch the ball must not stand further than two feet from the spot indicated by the REFEREE where the ball is to fall and they must have both feet together until the jump is made. If this rule is violated, section 3a may be applied by the REFEREE.

Players who "jump" for ball must stand with both feet together.

SEC. 7. If the ball is in bounds when "time" is called the REFEREE shall stand between the players and the nearer side line and put the ball in play by tossing it up in such a manner that it will drop near the spot where it was when "time" was called. The two opponents nearest this spot when time was called shall be the first to touch the ball after play is resumed. They shall be indicated by the REFEREE. If, however, the ball is held in tie (Rule XII, section 22) between the centre and forward or guard (i. e., over the field line) the ball shall be tossed up between the centre and her centre opponent indicated by the REFEREE.

When "time" is called, ball in bounds.

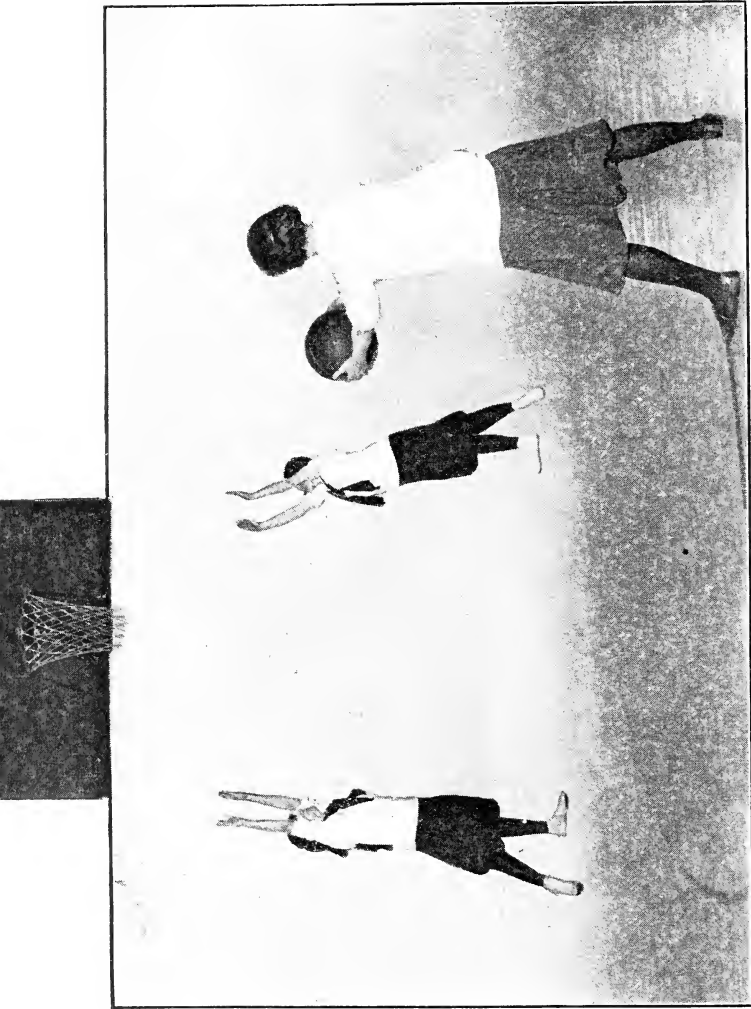


PLATE XI.—"FREE THROWING." (THROWING FOR GOAL FROM FIFTEEN FOOT LINE ON A FOUL.)

SEC. 8. If the ball is out of bounds when "time" is called, play shall be resumed at the whistle of the REFEREE just as if time had not been called.

When "time" is called, ball out of bounds.

SEC. 9. A player shall not advance with the ball while in bounds, nor across the line to out of bounds with one or both feet. She must play the ball from the spot on which she catches it. Allowance is to be made for one who catches it while running, provided she throws it at once or stops as soon as possible. If in the judgment of the REFEREE she stops as soon as possible and at the end of the run she has one foot over the boundary line, touching the floor on the outside, no action shall be taken if she immediately withdraws the foot that is over the line, but if she carries the foot that is inside the field of play to the floor on the outside so that both feet are outside the field of play, the ball shall be given to an opponent out of bounds. This shall not be interpreted as interfering with a player's turning around without making progress as long as she keeps one foot in place. The REFEREE or UMPIRE shall call a foul for violation of this rule.

Ball not to be carried.

(NOTE—*At no time may a player touch the field line with any part of her body or clothing.*)

SEC. 10. When a ball has been caught it must be thrown within three seconds and according to sections 9 and 45. The ball may be bounced once only, with one or both hands, and the top of the ball must reach at least as high as the knee in bouncing. This does not interfere with a player's throwing for goal twice or more in succession, even if no other player touches it between times. The UMPIRE or REFEREE shall call a foul for violation of this rule.

One bounce allowed.

NOTE—*While making the one bounce, a player may take one or two steps, providing the steps are*



PLATE XII.—LINE FOUL, FOOT ON LINE.

made between the time the ball leaves her hands and her catching it again.

SEC. 11. The ball is out of bounds only when it has completely crossed the line and is either touching the floor or in the possession of a player who has one or both feet outside, except as provided for in section 9.

When the ball is out of bounds.

SEC. 12. When the ball is caused to go out of bounds in any manner intentionally or unintentionally (except in violation of section 9) and remains there, the REFEREE shall give it to the opponents of the girl who touched it last and to the player nearest the point where it left the field of play.

When the other side is awarded the ball after going out of bounds.

SEC. 13. The ball may be thrown into the field of play in any direction. It must be thrown, however, from some spot (outside of bounds) on a line drawn at right angles to the boundary line *at the point where the ball crossed it*. It must be played by some other player before the one who passed it in can again play it. When either of these rules is violated, the REFEREE shall give the ball to the opponent at the same spot. (Plate XIX.)

How to throw ball in from out of bounds.

To be played by another player.

SEC. 14. In case of a doubt in the mind of the REFEREE as to which side touched the ball last, it shall be tossed up between two players indicated by the REFEREE, five feet within the boundary lines on a line with the point where it left the field of play.

When an "out of bounds" ball is tossed up.

SEC. 15. When the ball goes out of bounds and immediately returns, play shall continue whether or not it was touched while out of bounds, except if the whistle of the REFEREE is blown. The ball shall then be put in play as though it had not returned to the field of play.

When ball rolls or bounces in again from out of bounds.

SEC. 16. A player is allowed five seconds to hold the ball out of bounds. A player must not step over the boundary line until after she has played the

Five seconds to hold ball out of bounds.



PLATE XIII.—LINE FOUL, TOUCHING ON THE LINE.

ball, and if, in the judgment of the REFEREE, either of these rules is violated, the REFEREE shall give the ball to an opponent at the original spot out of bounds.

SEC. 17. There shall be no interfering with the player who is returning the ball: that is, no part of the person of her opponent shall be outside of the field of play and the ball may not be touched until it has crossed the line. If either of these rules is violated the REFEREE shall return the ball to the player who had it and have it again put in play at the original place.

Interfering with thrower-in.

SEC. 18. *All guarding must be done in the vertical plane.* Fouls under this rule are:

Guarding fouls.

a. Guarding over opponent's person or over ball. (Plates II and III.)

b. Guarding round opponent's person. (Plates IV and V.)

c. Guarding two hands at the wall. (See Rule I, section 2.)* (Correct guarding, Plate VI.)

d. Guarding: boxing up. (Plate VII.)

(NOTE—"Boxing up" is done when two players guard an opponent who is trying for goal, one in front and one behind.)

e. Guarding with hand touching ball. (Plate VIII.) REFEREE and UMPIRE call these.

SEC. 19. There shall be no tackling, holding or pushing of an opponent, with or without the ball. The hands or arms shall not be used in any way to interfere with the progress of a player who has or has not the ball. Grasping the clothing of a person or player with the hands or putting one or both arms about a player shall be called holding. The REFEREE or UMPIRE shall call a foul for violation of this rule.

Holding, etc.

* This is inserted to remind players that "upon agreement by both teams the boundary lines may be dispensed with."

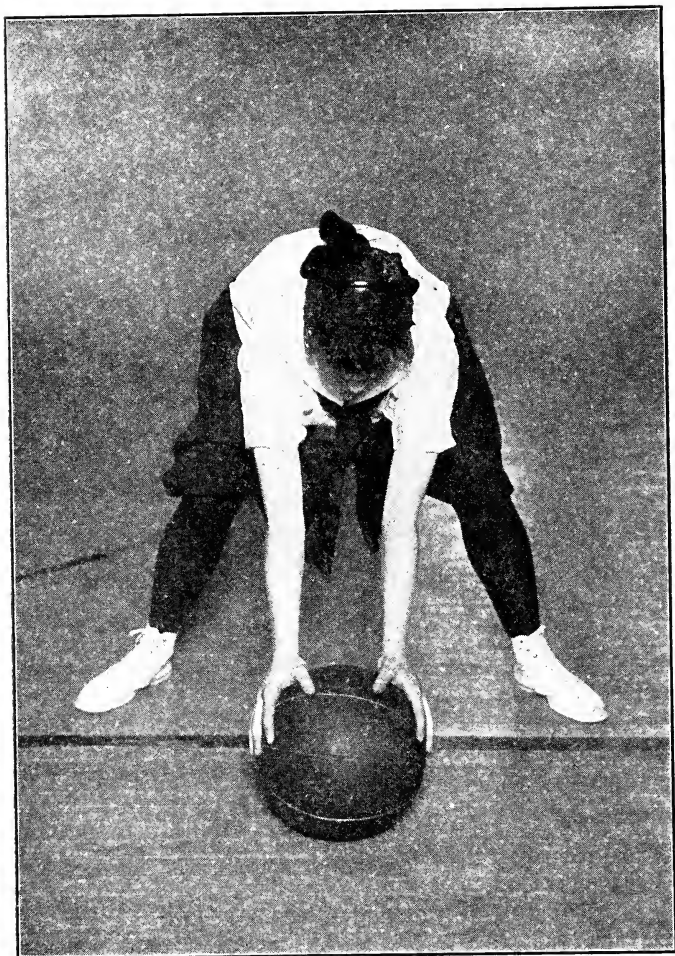


PLATE XIV.—CORRECT WAY OF PICKING UP BALL OVER LINE.

SEC. 20. The opponent of a player who has the ball may stand firm and guard rigidly.

SEC. 21. *a.* When catching a ball two hands are necessary to secure it. This does not prevent a player from *throwing* the ball with one hand. Two hands necessary to secure ball.

b. A foul shall be called on a player who intentionally puts her hand on the ball after an opponent has secured it. (Plate VIII.) This foul may be called by REFEREE or UMPIRE.

(NOTE—*A foul shall not be called on a player who, in attempting to catch a ball, puts one hand on the ball after her opponent has secured it, provided she immediately takes her hand away.*)

c. REFEREE decides which player first gained possession of the ball.

d. Not more than one player of each team shall place two hands upon the ball at the time it is being disputed with an opponent. Violation of this rule is a foul and shall be called by REFEREE or UMPIRE. (Plate IX.) No more than one player of each team on ball.

SEC. 22. *a.* In case of doubt in the mind of the REFEREE as to which player of opposing team first put her two hands on the ball, it shall be called a "Tie Ball." (Plates IX and X.) The whistle shall be blown, play stopped, and the ball tossed up between them. (Rule VI, section 6.) Tie Ball.

NOTE—*Many fouls and much disputing would be eliminated and a finer spirit and cleaner basket ball would result if a player herself made a point of giving up the ball if there were the least doubt in her mind that she put her hands on the ball before her opponent.*

b. The ball may be thrown or batted in any direction with one or both hands, except as provided in Rule XII, section 5.

SEC. 23. In no case may a player attempt to remove the ball from the hands of an opposing Snatching or batting ball from an opponent's hands not allowed.



PLATE XV.—CORRECT WAY OF REACHING OVER LINE FOR BALL.

player, either by *snatching* or *batting* it. The REFEREE or UMPIRE shall call a foul for violation of this rule.

SEC. 24. The ball may not be held *by one player* longer than three seconds inside of bounds. The REFEREE or UMPIRE shall call foul for violation of this rule. If the player has fallen down, the three seconds are counted from the time she has regained her feet. Section 3a may be applied if player does not get up as soon as possible.

Ball held
three seconds only.

SEC. 25. *a.* The ball shall not be kicked or struck with the fists. The REFEREE or UMPIRE shall call a foul for violation of this rule.

Kicking or striking
ball not allowed.

b. There shall be no shouldering, pushing, tripping, striking, kicking or intentional or unnecessary roughness of any kind. The REFEREE or UMPIRE shall call a foul for violation of this rule. The REFEREE may for the first, and shall for the second offence, disqualify the offender for that game and for such further period as the Committee in charge shall determine. (*Three guarding fouls of the same kind or three line fouls shall warn and four shall disqualify a player.*) A foul is a violation of the rules, whether committed unintentionally, ignorantly or otherwise. The fact that a foul is made is the only guide for the officials in calling the same. *The REFEREE has power to disqualify for violation of this rule whether foul was called or not.*

Roughness will
disqualify.

Intentional caus-
ing of opponent
to make a foul.

Fouls which
disqualify.

(NOTE—*The scorer notifies the Referee when a player shall be disqualified, either because of roughness or because of four guarding or four line fouls. See Rule VIII, sections 3 and 4; also Preface.*)

SEC. 26. A substitute shall be allowed for a player who has been disqualified, and the foul made by her shall be counted.

Substitute allowed
for disqualified
player.

SEC. 27. Whenever, because of sickness or accident to a player, it becomes necessary for the REF-

Five minutes for
"time."



PLATE XVI.—HANDING THE BALL FOUL.

EREE to call "time," play must be resumed in five minutes. If the injured player is unable to resume play by that time, a substitute shall take her place, or the game starts at once without her. If it becomes necessary for any reason to change the players the REFEREE may upon notice from the captain call "time" for the substitution, providing the SCORER has been notified and the new player is ready to start at once. Sec. 3a may be applied when necessary. By mutual agreement of captains the REFEREE may allow the positions of the players to be changed *between* the halves or if for a substitution during the halves. A player once removed from the game cannot play again during that game.

Players to be changed only after the Referee and Scorer have been notified.

Playing time of game.

SEC. 28. A game must be decided by the winning of the most points in thirty minutes playing time, or the amount of time agreed upon *previously* by captains and REFEREE, except in case of a tie.

Requires two points to win in case of tie.

SEC. 29. In case of a tie the game shall continue (without exchange of baskets) until either side has made 2 additional points. The goals may be made either from field or foul line, the team first scoring 2 points wins. In case of a tie and both teams make the second points simultaneously through both teams scoring on double fouls, the game shall continue, as provided for in section 38.

Scoring two points simultaneously.

SEC. 30. A goal made from the field shall count as 2 points; a goal made from a foul shall count as 1 point; a goal thrown shall count for the side into whose basket the ball is thrown, even though it was done by mistake. To constitute a goal, the ball must enter and remain in the basket until after the REFEREE'S decision, except when baskets with open bottoms are used.

Scoring of goals.

What constitutes a goal.

In this case the ball must enter and pass through

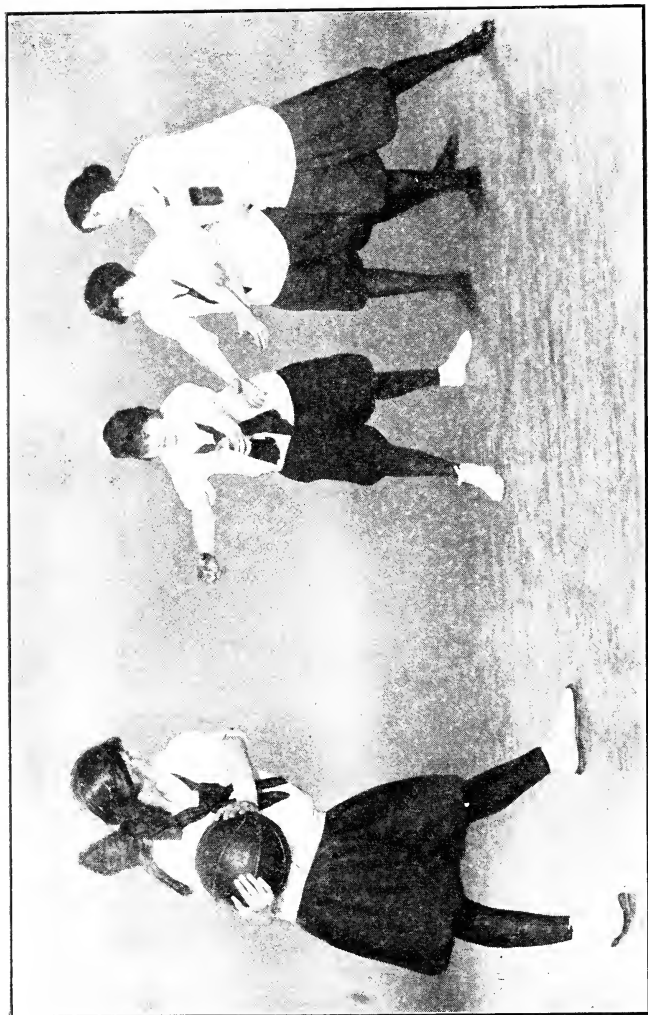


PLATE XVII.—“BUNCHING,” BAD PLAYING.

the basket to constitute a goal, in accordance with the judgment of the REFEREE.

SEC. 31. If the basket or ball is touched by an opponent when the ball is on the edge of the basket, the REFEREE shall award 1 point to opposing team.

Basket or ball touched by opponent.

SEC. 32. If a player throws for the basket and the REFEREE decides the ball had left the player's hands when the whistle of the REFEREE, UMPIRE or TIMEKEEPER or LINESMAN sounded, and the throw results in a goal, it shall count.

Goal counts if whistle is blown when ball is in the air.

SEC. 33a. If a player while trying for goal is fouled three times by the opposing team, the REFEREE shall award 1 point to the team whose player was fouled, and if the player succeeds in making a goal, it shall also count in accordance with Sec. 32. This shall not interfere with a free throw after each of the three fouls. (Rule XII, section 36; Rule VIII, section 4.)

One point extra awarded at basket.

NOTE The SCORER notifies the REFEREE when a player has been fouled three times by the opposing team.

SEC. 33b. It is a foul to wave the hand or hands in the face of a player who is tossing for goal. UMPIRE or REFEREE may call this foul.

NEW RULING.

SEC. 34. A goal thrown before the whistle can be blown for a foul *made by the team throwing it* shall not count. The REFEREE makes decisions on this rule.

Goals affected by fouls.

SEC. 35. When a player makes a throw for the basket and the REFEREE decides that part of her person was touching the floor out of bounds, if a goal is made it shall not count; if not made, the ball shall be considered in play.

Goal from outside.

SEC. 36. When a foul has been made the opposite side shall have a free throw for the basket at a distance of fifteen feet from a point on the floor directly

Free throw mark.



PLATE XVIII.—SIDE THROW.

beneath the centre of the basket, measuring towards the opposite basket. The player having a free throw shall not cross the fifteen-foot line until the ball has entered or missed the basket. The ball cannot be thrown to any person, but must be thrown at the basket. If this rule is violated a goal, if made, shall not be scored and if missed the ball shall be dead and put in play in the centre. The REFEREE makes the decisions for violations of this rule. (Plate XI.)

Thrower must not cross mark.

Ball to be thrown at basket.

NOTE—Only the forwards may throw from fifteen-foot line. This rule is made for the reason that if any other player throws for goal from the foul line a foul can be called on her for not being in her own territory after she has made an unsuccessful free throw.

SEC. 37. No player shall stand nearer than six feet to the thrower, nor in a lane six feet wide from the thrower to the basket, nor interfere with the ball until after it reaches the basket. The player shall not be interfered with in any way whatever, either by players or spectators. If this rule is violated by one of the opposite team, *or by spectators*, she shall have another free throw. If violated by one of her own team, or by a player from each team, and a goal is made, it shall not count, and whether missed or made, the ball shall be thrown up in the centre. If the goal is not made and no rules have been violated the ball shall be in play. The players must stay back of the line until the ball has entered or missed the basket. The REFEREE makes the decisions for violations of this rule. (Plate XI.)

Six-foot lane for players. Penalty for crossing line before ball reaches basket.

SEC. 38. When two or more fouls are called at the same time on opposite teams, they shall be thrown in succession and the ball shall be put in play at the centre after the last throw. When two or more fouls are called at the same time on one team, they shall

Two fouls at once.



PLATE XIX.—THROWING IN FROM OUT OF BOUNDS.

be thrown in succession. If a goal is made on the last throw, the ball shall be put in play, at the centre; if missed, the ball is in play.

SEC. 39. If only one team puts in an appearance at the appointed time, the REFEREE shall announce that the team complying with the terms agreed upon shall be declared the winner of the game by default. (See section 40.)

Winning by
default.

SEC. 40. When it happens, however, that neither team is ready to begin playing at the hour appointed for the game, the team which completes its number first and appears on the field ready for play cannot claim a default from its opponent. The latter shall be entitled to fifteen minutes' additional time, and if then unable to present a full team shall be obliged to play short-handed or forfeit the game. The REFEREE shall be the authority on this rule.

When neither team
is ready.

SEC. 41. Any team refusing to play within three minutes after receiving instructions to do so from the REFEREE shall forfeit the game. (See section 42.)

SEC. 42. The REFEREE shall announce a team defaulting or forfeiting a game the loser by the score of 2 to 0.

SEC. 43. Touching the field line or ground beyond with any part of the body *or clothing* constitutes a foul. (This does not debar a player from leaning or reaching over the field line to pick up or receive the ball.) The REFEREE or UMPIRE shall call a foul for violation of this rule. (Plates XII, XIII, XIV, XV.)

LINE FOULS.

SEC. 44. The ball may not be "juggled"; *i. e.*, tossed into the air and caught again to evade holding. The REFEREE or UMPIRE shall call a foul for violation of this rule.

SEC. 45. No player may hand the ball, bounce it, or roll it to another player. The ball must be *thrown*

in the air to another player or for the basket. The player must be *standing on one or both feet or jumping in the air* when throwing the ball. The REFEREE or UMPIRE shall call a foul for violation of this rule. (Plate XVI.)

Derogatory
remarks
about officials.

SEC. 46. Any remarks or actions, whether addressed to an official or not, on the part of a player during the progress of the game derogatory in any way to the officials shall be called a foul by the REFEREE.

Behavior of
spectators.

SEC. 47. When playing outside teams the home team shall be held responsible for the behavior of the spectators. When playing inter-class teams the team challenging shall be held responsible for the behavior of the spectators.

Failure to keep them from interfering with the progress of the game by coaching, clapping or cheering, or for any discourteous conduct shall, after a warning by the REFEREE, make the home team (or the challenging team) liable to forfeit the game. The REFEREE makes the decision on this rule.

Officials to be strict
and to go by spirit
of rules.

SEC. 48. In all cases not covered by these rules officials are to use their own judgment, in accordance with the general *spirit* of the rules, *and to call fouls for same*.

RULE XIII.

Fouls are classified according to their penalties, as follows:

General.

1. Players addressing officials (Rule XII, section 3*b*).
2. Kicking or striking ball (Rule XII, section 25, *a*).
3. Holding ball more than three seconds (Rule XII, section 24).
4. Delaying game (Rule XII, section 3*a*).

5. Tackling, holding, pushing opponents (Rule XII, section 19).

6. Snatching or batting ball from hands of an opponent (Rule XII, section 23).

7. Juggling (Rule XII, section 44).

8. Touching the field line with any part of the body or clothing (Rule XII, section 43). (Plates XII, XIII, XIV, XV.)

9. Handing, bouncing or rolling the ball to another player (Rule XII, section 45). (Plate XVI.)

10. Wrong guarding (Rule XII, section 18, *a*, *b*, *c*, *d* and *e*). (Plates II, III, IV, V, VI, VII, VIII.)

11. Waving the hands in front of a player who is tossing for goal (Rule XII, section 33*b*.)

Specific.

Fouls for which Players may be Disqualified.

1. Striking.
2. Kicking.
3. Shouldering.
4. Tripping.
5. Unnecessary rough play.
6. Four guarding fouls of the same kind.
7. Four line fouls.

(Rule XII, section 25, *b*.)

All questions pertaining to the interpretation of these rules, or suggestions, may be referred to Mrs. Senda Berenson Abbott, Northampton, Mass., or the Secretary of the Committee, Mrs. Julie Sullivan Abel, 21 Warren Street, New York City. A self addressed stamped envelope facilitates prompt replies.

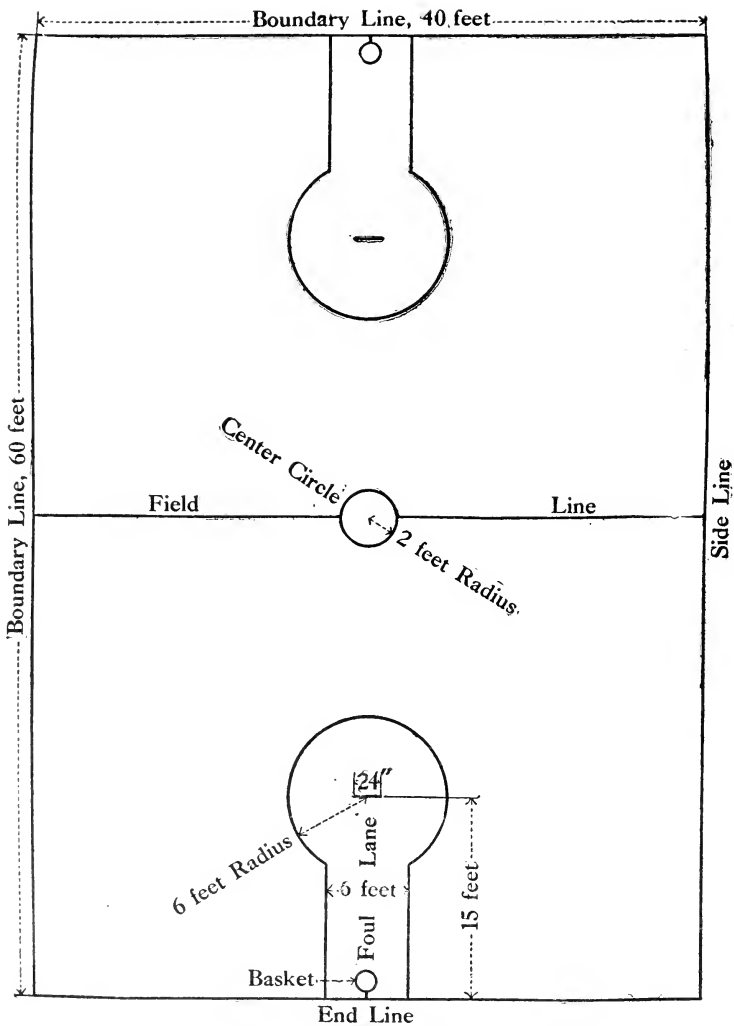


DIAGRAM OF FIELD OF PLAY WITH ONE FIELD LINE.

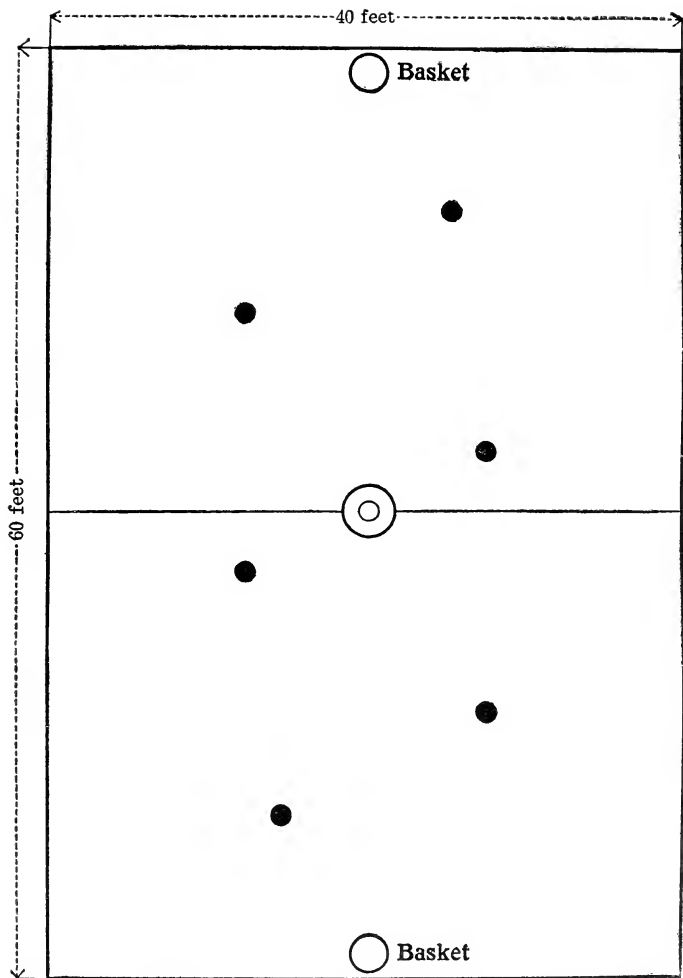


DIAGRAM OF FIELD WITH ONE FIELD LINE, SHOWING
POSITION OF SIX ON A TEAM

METHOD OF SCORING BASKET BALL

Any coach who is interested in good basket ball should keep all scores in a uniform way, and preferably in a score book. Only in this way is it possible to keep track of the playing of your team—their propensity to make fouls, and the fouls they most commonly make. It also shows the good playing of your team members; if a forward makes many baskets and few fouls, she is a good player, and if a guard makes few fouls and she has prevented the opponents from making many baskets *she* is a good player. A score book also shows the *history* of the playing of the team. One can look back months or years and see whether such playing has improved and how it has improved. Below will be found a sample score page. It is planned after Dr. Gulick's excellent score book, but is changed somewhat to meet the women's rules and is perhaps a little easier to score. This method has been used for years at Smith College and has proved most satisfactory. The abbreviations may at first seem bewildering, but it is surprising how soon one becomes familiar with them. Let us take the scoring of the first half of the game on the sample score card. Ada Brown has made a goal from the field and a goal from the foul line. May Robinson made a goal from the foul line and missed a goal from the foul line. Susan Smith made two fouls—one for holding the ball longer than three seconds and the other for pushing. Helen Peters made a foul for over-guarding. Fay Calhoun made one for walking and Eva Strong made one for snatching the ball out of an opponent's hands. The score at the end of the first half for 1914 was 4 points. It is also interesting to note how one is able to follow up the fouls of one team by goals or attempts at goals from the foul line. The following will show how easy it is to keep scores, and how essential it is for good basket ball.—S. B. A.

Class of 1914				Class of 1915			
Names of Players		First Half	Second Half	Names of Players		First Half	Second Half
Homes	Ada Brown	X ² X'	⊗ X' (w.)	Homes	Marion May	X ² ⊗ X' ⊗	(w.) ⊗ X' ⊗
	May Robinson	X' ⊗	X ² X ²		Lucy Evans	X' X'	(l.) X' ⊗ X'
Centers	Susan Smith	(h.b.) (p.)	(l.) (l.)	Centers	Jane True	(l.) (l.)	
	Helen Peters	(o.g.)	(l.)		Lily Bray		
Guards	Fay Calhoun	(w.)	(og) (og)	Guards	Bessie Bee		
	Eva Strong	(e.)	(g.n.)		Doris Day	(o.g.)	
		4	5			5	3

WHERE PLAYED: *N. H. S.* DATE: *Oct 1, 1913* REFEREE: *Instructor*
 UMPIRE: *Junior* TIMEKEEPER: *Senior* SCORER: *Junior*
 LINESMEN: *Junior - Senior* WON BY: *Class of 1914* SCORE: *9-8*

Scoring—(x²) = goal from field; (x') = goal from a foul; (x in a circle) = r issued free throw.

Fouls—(o. g.) over-guarding; (g. r.) guarding round; (g. w.) guarding wall; (hx.) boxing off; (h.) holding opponent; (p.) pushing opponent; (in.) interfering with progress of player; (w.) walking; (l.) the foul; (cr.) crossing 15 foot line; (h.b.) holding ball longer than three seconds; (s.) snatching ball; (b.) bouncing more than once; (b. l.) bouncing lower than knee; (3b.) three players on ball; (a.o.) addressing officials; (d.g.) delaying game; (3g.) three guarding fouls; (3l.) three line fouls.

Simplified Basket Ball Rules

BY MRS. JULIE SULLIVAN ABEL.

Simplified Basket Ball Rules are of great assistance to beginners as well as to veterans of the sport. Based on the official playing rules as published in this volume they state in a condensed form all the technicalities that must be observed in the game, without the somewhat dry and formal wording which is necessarily employed by the rule makers to state each fact with great explicitness.

BASKET BALL GROUNDS.

Basket Ball may be played on any grounds whose area does not exceed 6,000 square feet. The line marking out the field is called a boundary line. The line under the goal is called the end boundary. The line at the sides is called the side boundary. Upon agreement of both teams the boundaries may be dispensed with. (See Rule I, Sections 1 and 2.)

The infield is divided into three equal courts by lines that run parallel to the end boundary line. (See Rule I., Section 3; see diagram, page 8.)

A new ruling has been made for a playing space whose area is less than 2,500 square feet. This rule allows the field to be divided into two equal courts by one field line running parallel with the end boundaries. In this case only the centres may run from one court into another court. (See Rule I, Section 5; see diagram, page 50.)

THE BALL.

The Ball made by A. G. Spalding & Bros. is the official ball.

BASKETS.

The Baskets made by A. G. Spalding & Bros. shall be the official baskets. The baskets are hammock nets of cord hung

from metal rings 18 inches in diameter. The rings are placed 10 feet above the ground in the centre of the end boundary. The inside rim extends 6 inches from a supporting surface. In case the supporting surface is not the wall of the building, a special background must be built measuring 6 feet horizontally, 4 feet vertically, and extending not less than 3 feet above the top of the basket. It must be flat, perpendicular and rigid. (See Rule III., Sections 1, 2 and 4.)

FIELD RULES.

Spectators are not allowed nearer than six feet to the baskets in any direction. The home or challenging team is responsible for the conduct of spectators. If the home team fails to keep the spectators from coaching, cheering, clapping or any discourteous conduct, the home team makes itself liable to forfeit the game. (See Rule III., Section 6, and Rule XII., Section 47.)

PROVIDING BALLS.

The home team provides the ball except in serial championships, when the championship committee provides the ball. (See Rule II., Section 2.)

NUMBER AND POSITION OF PLAYERS.

From five to nine players may constitute a team.

The players holding the position of centres must stay in the centre court, and those holding the position of guards and forwards must stay in their respective sections, except during halves or "time out." (See Rule IV., Section 1.)

If the field is divided by one field line, centres only may run from one field into another. (See Rule I., Section 5.)

SUBSTITUTE PLAYERS.

A substitute is allowed for a disqualified player (Rule XII., Section 26.)

When a player is physically unable to continue the game after a five-minute rest, a substitute may take her place, provided the Referee and Scorer have been notified.

By mutual agreement of captains, players may change their positions during halves, but a player once removed from the game cannot play again during that game. (See Rule XII., Section 27.)

THE GAME.

a. The game shall consist of two halves of fifteen minutes each, with a rest of ten minutes between. (Rule XII., Section I.)

b. The teams shall change baskets at the end of first half. (Rule XII., Section 2.)

c. The Referee starts the game by tossing the ball up between the jumping centres. (Rule XII., Section 4.)

d. The ball must be played from the spot on which it is caught. (See Rule XII., Section 9.)

e. When a player catches the ball with both feet over the boundary line, the ball is given to an opponent out of bounds. (Rule XII, Section 9.) When the ball goes out of bounds and remains there the ball is given to the opponents of the girl who touched it last and to the player nearest the point where it left the field of play. When ball rolls or bounces in again from out of bounds, play goes right on. (See Rule XII., Sections 12, 13 and 15.)

f. The ball may be thrown into the field in any direction. It must be thrown, however, from some spot (outside of bounds) on a line drawn at right angles to the boundary line *at the point where the ball crossed it*, and it must be played by some other player before the one who passed it in can again play it. (Plate XIX.)

g. A player is allowed to hold the ball five seconds when it is out of bounds, and only three seconds when it is in bounds. (Rule XII., Sections 16 and 24.)

h. At the opening of the game, at the beginning of the second half, and after each goal, the Referee shall put the ball in play at the centre. (Rule XII., Section 4.)

i. The team scoring the most points in thirty minutes playing time wins the game. (Rule XII., Section 28.)

j. In case of a tie, the game must continue until one side

scores two additional points, either by throwing a goal from the field or by making two goals from fouls. (Rule XII., Section 29.)

k. When two opponents catch the ball at the same time, and they cannot tell which touched the ball first, the Referee tosses the ball up between them. (Rule XII., Section 22.)

l. When a foul has been made the opposite side shall have a free throw for the basket. (Rule XII., Section 36.)

m. A player having a free throw is not allowed to cross the fifteen-foot line until the ball has missed or entered the basket. (See Plate XI.)

n. During a free throw the players must stay back of the line until the ball has entered or missed the basket. If a spectator or member of the opposing team steps into the six-foot circle or lane the player tossing has another free throw. If one of her own team, or a player from each team, stands nearer than six feet and a goal is made it shall not count, and whether missed or made the ball shall be thrown up in the centre. (See Rule XII., Sections 37 and 38.)

GUARDING FOULS.

All guarding must be done in the vertical plane. A foul is called for any of the following violations:

a. Guarding over opponent. (Rule XII., Section 18 *a*; see plates II and III.)

b. Guarding around opponent. (Rule XII., Section 18 *b*; see plates IV and V.)

c. Guarding two hands to the wall. One hand only is permitted. (Rule XII., Section 18 *c*; see plate VI.)

d. Boxing up. (Two players guarding an opponent who is trying for a basket, one in front and one in back.) (Rule XII., Section 18 *d*; see plate VII.)

e. Guarding with hand touching ball. (Rule XII., Section 18 *e*; see plate VIII.)

f. Holding, pushing, interfering with progress of player, snatching ball. (Rule XII., Section 19.)

LINE FOULS.

The field of play is divided into three courts; players in one court may not walk or run into another court nor may they touch the field line with any part of the body or clothing. (Rule XII., Sections 9 and 43.)

If there is only one field line, only the centres may go from one court into the other, but they may not throw for goal from the field or foul lines. (Rule I., Section 5.)

A player may not cross the fifteen-foot line before the ball has touched the basket in a free throw. If a goal is made it shall not count. (Rule XII., Section 36.)

FOULS WITH THE BALL.

1. Ball held three seconds only. (Rule XII., Section 24.)

2. Snatching or batting ball from an opponent's hands not allowed. (Rule XII., Section 23.)

3. Not more than one player of each team should put her hands on ball. (Rule XII., Section 21 d.)

4. Kicking or striking ball not allowed. (Rule XII., Section 25 a.)

5. Ball is not to be carried. (Rule XII., Section 9.)

6. Players who jump for ball must stand with both feet together. (Rule XII., Section 6.)

7. Only one bounce allowed, and at least as high as the knee. (Rule XII., Section 10.)

8. No handing, bouncing, or rolling a ball to another player is allowed. (Rule XII., Section 45.)

9. The ball may not be tossed into the air and caught again. (Rule XII., Section 44.)

SCORING.

1. A goal made from the field shall count 2 points. (Rule XII., Section 30.)

2. A goal made from a foul shall count 1 point. (Rule XII., Section 30.)

3. A goal counts if whistle is blown when the ball is in the air. (Rule XII., Section 32.)

4. If a goal is made on a foul throw or from the field, ball is put in play in the centre.

5. If a goal is missed on a foul throw the ball is in play.

6. A goal, thrown before the whistle can be blown *for a foul made by the team throwing it*, shall not count. (Rule XII., Section 34.)

7. One point is awarded to opposing team if the basket or ball is touched by an opponent when the ball is on the edge of the basket. (Rule XII., Section 31.)

8. One point extra is awarded if a player while trying for a goal is fouled three times by the opposing team. (Rule XII., Section 33a.)

9. A goal made from out of bounds shall not count. If the goal is not made the ball is in play. (Rule XII., Section 35.)

DISQUALIFICATION.

A player may be disqualified for committing any of the following fouls:

1. Any rough play (Striking, kicking, shouldering, tripping, etc.).

2. Four line fouls.

3. Four guarding fouls of the same kind. (Section 25b.)

REFEREE'S DUTIES.

1. Puts the ball in play at centre. The ball must first be batted by one of the jumping centres. If batted outside by one of centres the ball is given to an opponent out of bounds. If batted outside by both centres at the same time, the referee selects two players near the spot where it left the field and tosses the ball up between the two players that she has indicated. (Rule XII., Section 5.)

2. Calls "time." (Rule IX., Section 3.)

3. When time is called, determines how and where ball shall be put in play. (Rule XII., Sections 7 and 8.)

4. Makes decisions when ball goes out of bounds. (Rule XII., Sections 12, 13, 14, 16 and 17.)
5. Decides which player first gained possession of ball. (Rule XII., Section 21 *c*.)
6. Tosses the ball in case of "tie ball." (Rule XII., Section 22.)
7. Disqualifies for roughness (Rule XII., Section 25 *b*.)
8. Decides what constitutes a goal. (Rule XII., Section 30.)
9. Announces a team defaulting or forfeiting a game, the loser by a score of 2 to 0. (Rule XII., Section 42.)
10. The Referee shall have absolute control of the game and shall call fouls for the violation of all rules and in particular the following not covered by the Umpire:
 - a*. Jumping for ball without both feet being together. (Rule XII., Section 6.)
 - b*. Carrying ball. (Rule XII., Section 9.)
 - c*. Wrong guarding. (Rule XII., Section 18.)
 - d*. Delaying game. (Rule XII., Section 3 *a*.)
 - e*. Players addressing officials. (Rule XII., Section 3 *b*.)
 - f*. Waving hands in front of a goal thrower. (Rule XII., Section 33*b*.)

UMPIRE'S DUTIES.

The Umpire is an assistant to the Referee and calls fouls for the following:

1. Kicking or striking the ball. (Rule XII., Section 25 *a*.)
2. Bouncing the ball more than once or lower than the knee. (Rule XII., Section 10.)
3. Holding the ball more than three seconds. (Rule XII., Section 24.)
4. Juggling. (Rule XII., Section 44.)
5. Handling, bouncing or rolling the ball to another player. (Rule XII., Section 45.)
6. Putting hand on ball after opponent has secured it. (Rule XII., Section 21 *b*.)
7. More than one player of each team putting hand on ball (Rule XII., Section 21 *d*.)

8. Advancing with the ball while in the field of play. (Rule XII., Section 9.)
9. Snatching or batting the ball from an opponent's hands. (Rule XII., Section 23.)
10. Tackling, holding or pushing opponents. (Rule XII., Section 19.)
11. Wrong guarding. (Rule XII., Section 18.)
12. Touching the field line or ground beyond with any part of the body or clothing. (Rule XII., Section 43.)

DUTIES OF LINESMEN.

The linesmen call fouls for stepping on or over the field lines, or touching the field lines or the ground beyond with any part of the body or clothing. (Rule X., Section 4.)

DUTIES OF TIMEKEEPER.

This official notes when the game starts, blows whistle at end of each half, and takes time out for stoppage during game. (Time is not deducted for free throws.) (Rule IX., Sections 1, 2, 3.)

DUTIES OF SCORER.

1. Obtains names and positions of players before the game starts.
2. Notifies the Referee about disqualifying a player.
3. Scores all points of the game according to model score card on page — of this volume.
4. Announcing score to spectators is under the entire charge of Scorer. (Rule VIII., Sections 1, 2, 3 and 5.)

DUTIES OF CAPTAINS.

1. Represent their respective teams.
2. Toss for choice of basket.
3. Furnish Scorer with list of names and positions of players. (Rule XI., Sections 2, 3 and 4.)

GENERAL DEFINITIONS.

"The ball is out of bounds," when it has crossed the boundary lines and is either touching the floor or in the possession of a player with one or both feet outside.

"Tie Ball" is where two or more players have their hands on the ball and the referee does not know who put her hands first on the ball.

"Time" is the order of the referee, umpire or scorer to suspend play temporarily.

"Winning by default" is where only one team puts in an appearance at the appointed time and the referee announces that the team complying with the terms agreed upon wins the game by default.

"To forfeit the game" is to refuse to play within three minutes after the referee's instructions.

"Juggling" is tossing the ball up into the air and catching it again.

Suggestions for Officials

BY GEORGE T. HEPBRON.

There was a decided improvement in the efficiency of the officials last season. This was to be expected as the rules became better known and the object of the game better understood; still, there is room for improvement.

The fact that a man or a woman is a good player is not sufficient reason for selecting them to be officials. In addition, they must have character and backbone.

If, among others, the following characteristics are exhibited by the officials, the games this season will be better officered, and less friction will be manifested:

1. Instant recognition of a violated rule and the penalty for same.
2. Backbone enough to make a decision and stick to it.
3. Abstinence from fault finding. (The duty of officials is to make decisions—not to lecture the players.)
4. Readiness to explain in the fewest possible words why that particular ruling was made.
5. Willingness to produce the rule as authority for action.
6. Never, under any circumstances, allowing the prolonged discussion of a rule during the progress of the game.
7. Willingness to allow the players the privilege of appeal from their interpretation of the rules to the proper committee.
8. Kindness and courtesy to all and the maintenance of a level head under trying circumstances.
9. A strong purpose to follow the rules in letter and spirit, and a determination not to be susceptible to outside influences.
10. Carefulness never to overstep one's authority, appreciating at the same time one's full duty.
11. Such knowledge of the rules that a reversal of decision is not necessary.
12. Impartiality in all dealings.

Coaching Basket Ball

BY ELIZABETH S. McMILLAN,
Senior Basket Ball Captain of Smith College.

The following is little more than a summary of the principles which have been particularly emphasized by the coaches of Smith College in the training of the various class teams. That the material may be the more available to those referring to it, I have, as far as possible, made it in outline form.

A. *Points to be emphasized applying to every position.*

I. DODGING.

It is usually left to the individual to decide on her own method. It is suggested, however, that:

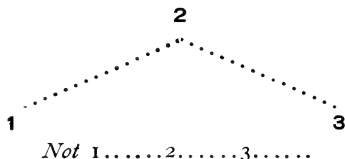
● The player is to be on one side of her opponent, not behind her.

The player at the outset should have a definite idea just *which* side that is to be.

If a girl is too well guarded on one side, she should, before throwing the ball, swing either to the left or right, keeping one foot on the ground, using said foot as a pivot.

II. RECEIVING AND THROWING THE BALL.

1. Avoid high balls, and too high passes.
2. Form the habit of "following up" balls. That is, as soon as A throws the ball to B, A should advance, and, if necessary, receive the ball from B at a spot definitely nearer her goal.
3. Passes as far as possible should be made *not* in a straight line, but in such a way that if lines were drawn between the points where the ball was received, thrown, and again received, an angle would be formed. (See diagram on following page.)



4. As a precaution against walking, a girl should, upon receiving the ball, jump, landing squarely on both feet, turning as she jumps towards her basket, and, if possible, away from her guard.

5. A team should have some definite system of passes, so that each player may know where she is expected to be and where she expects the rest of her side to be.

6. Knowing the passes, a girl should *anticipate* where the girl to whom she is throwing will be, and should throw, not directly to her, but towards the place where she is going to be free. In this way the player runs into the ball, rather than catches it standing still.

III. GUARDING.

When a member of the other team has the ball, the girl should guard her opponent closely. It is advantageous to watch the opponent's eyes, thus determining where she expects to throw the ball, and blocking accordingly.

B. Points to be emphasized applying to different positions.

I. GUARDS.

A girl should—

1. When her side has the ball, get free.
2. When the other side has the ball, stick to the forward.
3. Jump for the ball off the basket when a goal is missed.

II. CENTERS.

1. The jumping center should be on the alert, ready to jump the instant the ball starts on its descent, after being thrown up by the referee.

2. The side centers should try to judge the direction in which the ball will be batted.

3. All centers should stick to their opponents when the opposing team has the ball, and should guard the line closely, so as to block passes from opponent's guard into the center.

III. HOMES.

1. When your side has the ball be ready to be free at the line, away from your guard to receive the pass from your center.

2. When the other side has the ball, stick to your guard.

3. Jump for the ball off the basket when a goal is missed.

C. *Kinds of Practices.*

I. END PRACTICE

The field is divided into three parts. (Each is an "end.")

1. "A" Guards and "B" Forwards.

2. "A" Centers and "B" Centers.

3. "B" Guards and "A" Forwards.

It is in this "end practice" that passes are worked out.

II. SKELETON PRACTICE.

Each member of one team ("A") takes her place. The ball is passed from the guards to the goal. In this way the passes learned in end practices are connected, so that the passing over each line (from the guards to the centers, and from the centers to the homes) will be as well finished as the passing between players of the same position.

Another team ("B") is sometimes put against them. All proceeds as before, except that team "B" affords opposition and breaks up the passes when possible.

III. GAME.

The last half of practice time is devoted to a regular game between the opposing teams "A" and "B". Here the principles and passes learned in "end" and "skeleton" practice are worked out.

The Responsibility of the Basket Ball Coach

BY HARRY E. STEWART, M.D.,

*Physical Director Wykeham Rise School for Girls,
Washington, Connecticut.*

If basket ball is to fulfill its mission as the most important element in the organized play life of the American girl, it is most essential that its real purpose and great possibilities should be understood and constantly kept in mind by every coach and teacher of the game.

Psychology teaches us that during the play life an individual is more apt to reveal his natural instincts and tendencies than at any other time. When to the element of play that of competition and desire for victory is added, this revelation of the true self becomes still more complete.

You, then, as coaches have the privilege of seeing tendencies show out which at other times are hidden, and rare opportunity for correcting, guiding and inspiring your players in the formation of noble and lasting character. The aim of basket ball might well be stated as "character and health building."

Girls have little chance, as compared with boys, of developing the true sportsmanship spirit. What the boy learns in all his games, the girl must learn largely from basket ball.

Few will deny that it is hard for a team to be generous to an opponent and yield cheerfully to them on differences when they know victory may depend on playing as they have been coached. To accept defeat gracefully and to recognize the good in one's opponent is another of life's hard lessons.

I have seen a girls' team, proud of its record of being unbeaten for two years, play their opponents on a slippery floor to which they were unused, with a team composed largely of substitutes, lose the game, praise their opponents' play and even write up the

game in their school paper for their alumnae to read, without a word of excuse or a mention of the slippery floor or patched-up team. Is it to be wondered at that such a team had such a record. That was character building, which was of greater importance than victory.

Women are now working together for many noble ends in social service. All the essential elements for such work you can teach your girls through an inspired ideal of what true sport stands for.

In closing, let me add just a word on the practical side of basket ball coaching. If you desire to be an inspiring coach, to present the game attractively, you must know your technique. Study the rules so that you can catch their spirit and exact meaning. You should be able to quote the wording of the more important rules, should questions arise. Build your team on a good foundation of sound bodily vigor, developed by systematic gymnastic training and out-of-door exercises. A team will play better basket ball for having two periods of gymnastics and two of practice than with four basket ball periods and no regular gymnasium work.

Basket Ball as a Means of Developing Character and Efficiency

BY KATHRYN A. McMAHON.

Newtown (New York City) High School.

The actual playing of basket ball is of minor importance compared to the development of character gained from a well supervised game. The final game, when there is a championship game, is simply the result of the training that has gone before. The actual playing in a championship game may not reach the standard of team work of a practice game, owing to excitement on the part of the players. The thing that makes anything worth while is the training to fit one's self for any emergency. The cultivation of self-control, consideration of others, quick, accurate thinking—and the instantaneous application of the latter—are of paramount importance in basket ball. For that reason it is better, in my opinion, not to have basket ball at all, rather than have it unsupervised or to have it coached by one who simply has the winning of the game in view. The training in self-control, responsibility, honor, etc., is not just for the playing of basket ball. Why should not these traits be emphasized in basket ball where there is such splendid opportunity for developing them?

From a variety of causes, which it is not necessary for me to note here, the girls' basket ball teams that came under my guidance when I first taught in the high schools were in such a chaotic condition that I scarcely knew how to face the situation. For the first few months I absolutely refused to allow the girls to play the game. When they had learned to respond to ordinary commands, and to show respect for others and for authority, the teams were re-organized. To impress upon the players the value and necessity of self-control, responsibility, judgment, etc., a pin was given at the end of the season to the one girl of every team who had been most helpful to her team.

That did not necessarily mean the best player, for, in the endeavor to win, some still clung to their old antagonism, the very thing against which we were fighting so hard. The pin was called the "efficiency pin," and was an inexpensive triangular one of silver and enamel, with the year in which it was won and the initials G. B. B. for girls' basket ball engraved on it. The pins differed in the enameling, every pin having its own team color. The pin stood for:

1. Fairness—In claiming only what rightfully belonged to one, such as giving up the ball immediately if the opponent had two hands on it first and not waiting for the referee to make the decision.

2. Helpfulness—In stirring up enthusiasm and showing loyalty to one's team by taking responsibility, such as reporting regularly for all practice work, in being a forceful influence and inspiration for good by actions as well as by words.

3. Cheerfulness—By taking defeat good naturedly and by making it a rule to pass no unfavorable comments about an opponent.

4. Uprightness—To do the right thing because it is right, no matter how small or insignificant the thing may seem, whether it be reporting on time, dressing properly, etc.

5. Politeness—Remembering that the same rules of etiquette hold good whether on a basket ball court or in a drawing room.

6. Quietness—To show one's self-control to such a degree that a game may be played without any talking.

The pins proved such a success that we have continued the scheme and they are now given annually to the most efficient player of every team. The girls do not know to whom the pins will go until they are awarded on the day the basket ball trophy and other athletic honors are given out.

Another scheme that was tried when things were at their worst was a social. After each of the championship games (there were three of them) all the teams had a dance in the gymnasium and refreshments were served. At the final game the players were privileged to invite a guest to the party. In that way the teams were brought into friendly relations and such a

kindly spirit fostered among the players that it was hard to tell the losers. It may not be the highest ideal to give a reward for being what one ought to be, but the best of us need a prop at times. And if these simple devices—that surely are not harmful—can help along a worthy cause, why should they not be used? In our case they have proved so effectual that we have continued to use them. The winning of an “efficiency pin” is looked upon as a signal honor by the students, though the awarding of them grows harder every year. As to the social affairs, we now give but one a year—after the final game of the series. The spirit manifest among the players does not demand even that, but it is a pleasant wind-up for the season.

The Necessity for Supervision of Basket Ball

BY DR. J. ANNA NORRIS.

*Head of the Department of Physical Education for Women,
University of Minnesota.*

Basket ball is the most popular of the indoor games for women and girls, and the most strenuous. It is such good sport that it frequently tempts girls to play who are physically unable to stand so vigorous a form of exercise. One girl, in the writer's recent experience, applied for permission to play, although she had been warned that an organic heart lesion would always necessitate her limiting herself to mild forms of exercise. Nevertheless, the fascination of the game was so great that she would have assumed the risk, since at that time her general condition was better than usual.

Where basket ball is played there should be a rigid rule that a *medical and physical examination must precede a decision as to fitness for the game*. Such conditions as defects of the heart, serious spinal curvature, anemia and a generally run-down condition should be detected at this time, and their recognition will stand as a saving barrier against allowing the girl to participate in a sport that might injure her. The need of supervision does not cease, however, with the preliminary examination. The condition of the girl both before and after play should be carefully noted. Undue breathlessness while playing may be significant of fatigue which is being carried so far as to injure the girl. Careful supervision would prevent her playing full time in this condition, but might determine that a shorter period would result in a favorable reaction, with the result that the girl would not be deprived entirely of a game which has so many excellent features.

Sometimes a girl will not show any signs of weariness during the practice, but later on will develop a reaction which may be unfavorable. She may be nervous, tremulous, unable to study in the evening, unable to sleep as well as usual the night following the game. In any one of these ways she may show a

state of over-fatigue which calls for consideration. The instructor's responsibility, therefore, does not cease with the observation of the game itself, but should include a report of later developments. If this is not done it is quite likely that the mother of the girl will take her out of the game entirely, considering that basket ball, *per se*, is too strenuous. A careful instructor, however, if she knows early that a girl is showing too much fatigue, has it in her power so to modify the girl's participation in the game as to rid it of the factor of over-exertion. In fact, a girl so safeguarded may gradually gain in power until she will be able to play the full time with the rest of the class.

The rule that the girl should not play during the menstrual period is often not observed. The feeling of responsibility to the team, in itself a valuable incentive, may be so great that a girl will disobey all directions in this matter. Worse than this, in some unsupervised basket ball there is no rule, and the bad results have brought much criticism of the game. Most conscientious supervision is necessary in this regard.

[In one of our large Eastern colleges for women, players are put upon their honor not to play for at least three days during this time, and the captains of the teams have charge of this. The plan works admirably.—EDITOR.]

As everyone knows who has watched or played the game, there is an immense difference between a practice game and a match game in the amount of nervous energy expended. In the latter case the girls are keyed up to a high pitch, and only those nervously stable should participate. The catastrophe of going to pieces after a game will do a girl moral harm and make her lose confidence in herself. Much judgment is needed in deciding which girls have the nervous balance to stand the test of a match game without over-fatigue.

Careful supervision is the key-note to conducting basket ball in a way that will win for it the support of the parents of the girls and of the educational or recreational institutions concerned. Properly administered, it is an excellent game for women and girls and will continue to help them, as it has in the past, to gain better physical and moral control of themselves and to enjoy life more rationally and freely.

Abuse of Basket Ball

BY KATHRYN E. DARNELL.

Director of Girls' Gymnasium, Oak Park and River Forest Township High School.

As I watch our joyful, pink-cheeked girls at basket ball and notice how the exercise is increasing their health and strength, see awkward girls grow into skillful players, lethargic minds become active and resourceful; explosive temperaments brought under self control; sulking girls learning to submit cheerfully, and all players learning the lesson of harmonious co-operation; I wonder why many strong healthy girls come to school under the edict from doctors or parents that they shall not participate in the game.

It must be that some abuse of basket ball has been brought to their attention, and that they have had no opportunity to study the benefits of the game. Could they but appreciate the fact that this is a game which not only has high recreative value, but provides good physical and mental exercise, and under wise supervision, offers excellent opportunity for moral and social training, certainly they would stand on the side of the girls who love the game, and the physical directors who believe in its wise use.

But basket ball has been, and is, often misused, and so long as this is the case, is not the criticism which comes to it justifiable? Where girls practice the rough and strenuous game according to boys' rules, as is still done in a few places,—where teams have men for coaches instead of women, or have incompetent women, or no supervision at all—there the health of the girls is liable to suffer. Keen interest in the competition, and great enthusiasm for this most fascinating of games, will lead to over-fatigue and over-excitement—or injury to the health may result to players who practice when physically unfit for such exertion.

When teams are permitted to play in open games, before an indiscriminate crowd, we cannot deny that the game is making girls "unwomanly," which is another common censure. Such a scene as a public game, in which the players are embarrassed or made overbold by the cat cries of the boys from the balcony is very offensive, and we are glad to notice is almost a thing of the past. For the leading colleges and high schools have put a taboo on this kind of competition, and girls of other schools and organizations are seeing that it is neither proper nor customary for girls' games to be open to any man or boy who pays for a ticket.

Rather, let our teams compete with those of other schools or (as is deemed wiser by many supervisors) with other classes within the school, before an assembly of the women and girls of the community, or, if men be admitted, let the number be limited to the men of the families of the students, their instructors, family physicians, pastors, and others who have a real interest in the welfare of the players, or those who have an interest in the game itself—true "fans" who appreciate intelligent and skillful playing—thus excluding the hooting boys who come but to see the fun. Before such an assembly our girls may play without losing their modesty or dignity.

The reason that girls have played in open games at all, or played according to boys' rules, and one reason why girls' athletics in general has not been more successful or popular than it has, is traceable to one thing—namely, that in so many places, girls' athletics has been blindly modeled after the boys.

Girls, if you would only pull down from the pedestal on which you have placed it, the ideal offered by boys' athletics! We have an ideal of our own, which will raise girls' athletics to heights it never would see, however energetically it aped that of the boys. What, after all, is in the mind of the best boy athlete you know, except to enjoy the game, and to win applause for his school, class, or himself? To this end he goes into training, strains every effort, runs risks. And all this is not in vain, for, incidentally, the boy is gaining for himself much that will be of value to him in life, besides the pleasure

of the moment, and the championship banners for which he plays.

But such an aim is neither fitting nor natural for the girl, who, like the boy, also enters the game in the spirit of true sport—that is, for the joy she gains from playing, for the pleasure of working skillfully with her team mates, for satisfaction of playing well—of winning if she can.

But applause and banners she must not value too highly, if she is to gain larger and better gifts which the game holds for her. Often a player receives these better things unconsciously, but sometimes knowingly and with some appreciation of their value. When a girl sees that she is gaining strength and endurance by the exercise the game affords her, when she realizes greater self-confidence through the new power she has discovered in skillful play, when she finds she must efface her selfishness to co-operate with her team, that she must learn to meet success without feeling puffed up, and (oh, hardest of lessons) learn to be a cheerful loser, then she realizes that basket ball has been to her more than a delightful pastime, and she sees it as a means toward an end for which she is working. For, deep in her mind, as in the mind of every girl, is the ideal of perfect womanhood, and if she sees that she can make use of basket ball toward this end, what higher purpose could the game serve?

This is the view that women and girls in general should take of athletics. It is a nobler view than that of the average man, and leads to conducting women's athletics in a somewhat different manner than men's. When girls once see the reason for this difference, they will no longer feel that, in spite of effort, their athletic work is insignificant; nor feel discontent at sitting in the background while the boys' teams bring banners into the school amidst loud applause; nor be prompted to play open games when they see the girls' athletic treasury empty while the boys' is piled high by large gate receipts.

When girls understand their true athletic ideal, they will no longer misuse the game in the ways which have brought bad instead of good results to themselves, and caused much criticism of this excellent sport. They will not allow their enthus-

iasm to keep them playing long after their good sense has told them to rest. They will not let false notions of loyalty urge them to participate in a practice, or game, when they are not in condition to take such exercise.

For this sake, banners and public applause have an insignificant place in girls' athletics. But what are these as compared to the development of the health and vigor of our girls? So, let our girls' teams never more desire to follow in their brothers' footsteps, but enter the game for the joy they get in playing it (and that is great enough as any player knows), keeping before them as an end the finest development of the power of woman-kind—

"The reason firm, the temperate will,
Endurance, foresight, strength, and skill,
A perfect woman nobly planned."

As for the contenders against basket ball, would that they might turn their protests where they belong, namely, against such abuses of the game as—playing according to boys' rules, "open games," men coaches, and unsupervised basket ball.

But the wise use of this best-loved game we should promote among women and girls as a means to health, happiness, and more efficient lives.

Beneficial Effects of Basket Ball

BY ALICE BALLARD, CHICAGO NORMAL SCHOOL.

There are so many enjoyable forms of exercise for women that we are never at a loss to find an acceptable one. Our necessity, rather, is to choose intelligently from among them the form that is most valuable for the particular end we have in view.

Basket ball is one of the oldest and most popular forms of athletics for women. Does it merit its continued popularity? This can be answered by determining the requirements of a good all-round form of sport and applying the test to this particular game.

From a physiological point of view, an all-round game should use the large groups of muscles in repeated movements, preferably of an accustomed or inherited nature. If this can be done in the open air, the value is increased. It strengthens the vital processes, respiration, circulation, digestion and excretion, thus providing normal growth and development of the body. The only way to increase lung capacity is by forced breathing; the only way to increase the efficiency of the heart muscle is by making demands upon it for harder pumping than is usually required. In basket ball, the arms and legs and trunk are all at work; no intense effort is required of any part, but all are in movement almost continuously. No radically new movements need to be learned before the game can be played; while they are growing up, girls run and jump and throw balls. Since the theory has been exploded that a woman's shoulder is anatomically incapacitated for throwing, we have, by the way, no excuse for our awkwardness in this particular.

Basket ball is well adapted to out-of-door play. Many girls who have become used to indoor playing object at the start to taking the game out of doors, but also the reverse objection is

sometimes made. Once, at least, a group of girls became so thoroughly converted to out-of-door play, even though they were at first prejudiced against it, that they met before breakfast, three times a week during the summer, in order to have the fresh morning air for playing in the open, and were not discouraged by the heavy dew on the court, which made the ball a somewhat unpleasant thing to catch or receive against clean blouses.

The activity is so continuous as to require all the breath a beginner has at her command and the heart-beat is noticeably increased. In this lies a large part of the value of the game. And here, also, lies one of the chief duties of the coach. Often girls are willing to overtax themselves, either from excitement or from a desire to be thought "game" by other members of the team. A coach must know the physical type and limitations of the players; must be able to detect early signs of fatigue and must be firm against protestations from the players that they are "all right." It is needless to say that increased demands upon any organ, while essential to development, must be regulated in order to bring strength instead of strain. A woman coach is nearly always better able to do these things than a man; and this is one of the strong arguments in favor of having only women as coaches for women's basket ball.

For the greatest value, from the present point of view, a sport should not only provide for the increase of vital development and muscular strength; it should develop the muscular system in such a way as to give the body the most erect poise and the greatest increase of useful co-ordinations.

Bunchy muscles and the ability to pass high strength tests are less valued now than formerly by men athletes and were never the ideal for women. Endurance in muscular feats rather than intense application for a short time, and an ease in natural movements rather than the acquisition of new and unusual movements are to be cultivated.

In basket ball a large proportion of the movements are made with the arms high and far back, the head back, and the extensors of the body, rather than the flexors, in action. This is what is needed to counteract the tendency to a stooped posi-

tion brought on by the fact that most of the things we do take place in front of us and below the eyes.

A player soon learns to make every movement count, to gauge the extent and strength of her movements, and to make them as the occasion requires, with the end, rather than the means, in mind. This constitutes "style" in playing, as distinguished from the aimless and exaggerated actions of beginners. It means an adequate co-ordination, the essential element of grace in any activity.

A player is valuable to her team when she is quick as well as accurate. A winning team would never be developed altogether by practice passing, catching, guarding and goal throwing, in which form is emphasized over speed, any more than it would by constant playing of match games, in which form is sacrificed because there is not time in the emergency to consider it.

Our test for a valuable form of exercise does not stop here, however; the broader educative effects are to be considered. These are courage, perseverance, self-control, fairness, co-operation and that indefinable but easily recognizable thing, the spirit of good sportsmanship, most easily acquired from play, but called for in all relationships of life.

Courage is developed by this particular game. It is even necessary at times for the coach to help cultivate in the players a sense of the distinction between true "gameness" and foolhardiness.

Perseverance certainly is at a premium.

Self-control is necessary to a marked degree if fouls are to be avoided and a score made. The game as played according to the "Official Women's Rules," affords much better training in this respect than does any other form of the game. The strict regulations as to guarding and the division of the field into thirds not only make the game safer, but they make the play finer and of greater value to the individual.

As to the cultivation of fairness, it is the experience of many referees and umpires, as well as coaches, that the girls, as they grow older at the game, become ready not only to abide without question by decisions, but that they instinctively make accurate

decisions themselves, entirely unprejudiced by team or individual interest.

Many women and girls who are now playing basket ball have gained almost their first idea of team work from the game. There are certainly few forms of sport that furnish as good an opportunity to gain this "group consciousness," which is popularly supposed to be lacking in women.

Perhaps athletics cannot claim full credit for the great increase of this trait, but at least it is an important element in the cultivation of it.

Anyone who has had the pleasure of working with girls in their basket ball could cite scores of incidents exemplifying true sportsmanship. A coach should feel that she has failed in her use of the sport if the teams she has trained cannot both lose and win in good spirit, cannot appreciate the real function of a referee, cannot give opponents the benefit of every doubt and treat them with true courtesy in every detail.

To all our other requirements we should add that a sport must present a minimum chance of injury and a maximum amount of recreation. Exercise must be enjoyed if it is to be beneficial.

Ill effects need never follow basket ball if the regulations are wise and strictly enforced as to time and duration of practice and if reasonable strength of heart and lungs is made a prerequisite.

As to its recreational value, it is not necessary even to ask the participants the question; a look will answer, and their loyalty to the game proves the point beyond a doubt. It's always "three cheers for basket ball" with the participants, whether they win or lose; and they always have the breath and enthusiasm to make the cheers ring out.

Basket Ball Upon the Playground

BY EDWARD B. DE GROOT,

General Secretary Playground Association of Chicago; Secretary-Treasurer Middle West Society of Physical Education and Hygiene.

Basket ball upon the playground meets especially well the needs of girls. Physical needs are met in an interesting and effective manner, while social needs are met in a most timely and vital way. First of all, when girls play basket ball upon the playground they are taken out of doors for something more worth while than "dress parade" or passive amusement. Basket ball upon the playground minimizes many of the valid and fancied objections to the game within the gymnasium. Upon the playground, the game is also endowed with new virtues. When played in the playground there are neither walls nor apparatus to encounter in passing the ball and in running. The larger out-of-bounds and further rolling of the ball are advantages rather than disadvantages. Longer and more frequent "breathing spells" are thus secured in the more open court where the ball cannot be put into play so rapidly. If this makes a slower game and tries one's patience, we may not only assure ourselves that patience is a virtue worth cultivating, but that the longer period of rest is a physiological safety valve. It has long been recognized that basket ball makes greater demands upon the heart than foot ball. Why? Because in foot ball there are frequent periods of rest for the heart when the progress of the ball is checked in downs and the men line up to start the new scrimmage, whereas in basket ball there are frequent prolonged periods of play without a second of rest and consequent greater strain upon the heart. The prolonged rally and greater emotional expenditure, frequently seen in basket ball played by girls, has constituted one of the valid objections to the game. What I have just said ap-

plies particularly to basket ball when played under men's rules. The development of the "line game" by Senda Berenson Abbott has provided a safeguard for all girls who are *wise* enough to play according to Women's Rules. Nevertheless, there are still a great many girls' teams playing under the old rules, and I here make the double suggestion that basket ball played out of doors under either rules is safer and that played under Women's Rules is doubly safe.

Starting and stopping in running, and jumping for the ball upon the turf or dirt court, take one into a better athletic environment than it is possible to experience in a gymnasium. The co-ordinations in measuring distance with the eyes, anticipating the bound of the ball and effecting the proper height, distance and speed in passing, are much more significant in the great out of doors than in a room of comparatively meager dimensions. If the game is played upon the turf or well kept dirt court, the "ventilation" is always perfect. It is not embarrassing, but a novel experience to fall upon mother earth, if the scrimmage jostles one over. Basket ball in the open, after a little practice, will be played with perfect abandon, and participation in a game under these conditions furnishes a fitting opportunity to return to the memory, if not the practice, of tomboy days. Pity the girl who has never been a tomboy!

Before dismissing the physical phases of the game, we should record a few "don'ts."

Don't sit upon the ground between periods of play, particularly in the spring and autumn, when the ground holds an abundance of cold moisture.

Don't fail to put on sweater, coat or wrap of some sort, after playing, until the bodily temperature has returned to approximately normal condition.

Don't play out of door basket ball in gymnasium dancing shoes. Wear stout boots.

Don't chew gum, wear beads around the neck or a watch fastened upon the wrist.

Don't harangue the umpire or scold your opponent. This does not sound any better out of doors than in the gymnasium.

The basket ball court should be oriented with the long axis of the playing surface north and south. For the purpose of adequate drainage, the court should be crowned or constructed with a convex surface, i. e., slightly higher in the centre and sloping gently to the sides. The court should be marked with calcimine or tape, as tennis courts are marked. Permanent and more satisfactory marking of lanes, centre and boundary lines, is secured when strips of wood are used. These may be inserted into the earth flush with grade and anchored with stakes on either side or nailed to stakes beneath. The boundary strips may then be painted once a season. When the frost is coming out of the ground in spring the strips of wood will be elevated above the surface, but they may be returned to place very readily by tamping them with a broad tamping stick, or pounding them down with a mallet.

We have thus far considered only the physical relations of the game to girls. When we turn to the social phases of the game we are amazed at the possibilities. In recent years the social order for women has changed with astounding rapidity. Women, everywhere, are facing a new and severe test—a test involving broader social relationships and civic responsibilities. For thousands of years men have held unto themselves, quite exclusively, all civic responsibility and most of the broader communal social relationships. The failures of men in their social and civic responsibilities may be traced to their inability to co-operate with, “give and take,” and make proper estimates of the limitations and possibilities of their fellow men. These failures in turn may be traced, in large measure, to the lack of training in youth in social occupations and team play in games and sports. Nevertheless, men have been greatly favored. Tradition and custom have furnished the means by which men have been offered a “ready made” training for civic and social responsibilities. This is in marked contrast to the meager means at hand for similar training for women. They are utterly without a traditional program of team games. Their social occupations and responsibilities have frequently not gone beyond those of the home. Economic pressure, in increasing measure, has made millions of promising young

girls become mere cogs in the industrial machinery of the nation. How then may we multiply the processes by which girls may be trained for their newer opportunities and responsibilities in our seething democracy? Surely, not merely by more study and reflection. The experiences of each stage of life are the guides and aids of each succeeding stage of life. Every girl, therefore, should learn to play basket ball and therein experience the contacts with some of the basic phases of the new social order. In the game of basket ball a girl cannot wear conventional manners everlastingly. She must, at times, take off the mask and show her real face and the quality of mind and heart reflected therein. The true measure and value of co-operative habits are learned in basket ball; the spirit of give and take is fostered, and the habit of discerning the social and ethical qualities of neighbors is quickened. By all means, let us multiply our playgrounds and add basket ball as one of the indispensable games for the preparation of girls for the new social order. And in this process we shall distinguish between a *good* coach and a *great* coach of girls' teams, in this manner: A *good* coach will be one who teaches merely the technique of the game, while a *great* coach will be one who also relates the experiences in play to the more serious game of life.

Basket Ball in Normal Schools

BY LILLIAN HORTENSIA BRUCE.

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Teachers' College).*

Basket ball in normal schools may not seem to differ materially from basket ball in high schools, Y. W. C. A.'s or colleges. The same rules and regulations are employed, the same excitement and enthusiasm exist over practice and match games. Quickness and alacrity and physiological benefits result from carefully supervised playing, and the tendency to careless playing comes from unsupervised games, much as happens elsewhere.

In the first place a normal college—whether it belongs to a large State like Iowa, and develops its students for teaching all through the cities and counties of the State, or whether it belongs only to a large city like Chicago and sends its graduates into its own immense public school system—has, in its student body, only those who are going to be teachers. High school girls have not, as a rule, decided on a professional course, and college girls may be teachers or whatever else they please, while in Y. W. C. A.'s and social centers the young women who enjoy the game are usually in business, with no thought while playing but of their own personal benefit and pleasure. But the attitude of preparation for teaching naturally prevails in all departments of a normal school, and brings about unique response to rule and regulation, as well as enthusiasm for team and colors. Points of the game here should be learned from the teaching side, and it should be comparatively easy to do so, for the girls who are to be teachers respond to this point of view, feeling as glad and eager to act as officials in a game as to throw baskets. They realize that in these days when basket ball is so universally played and thoroughly enjoyed, and when careful oversight of health conditions is demanded not only from the specialist, but often from other interested and competent members of the regular teaching corps, it is worth the while of every young woman

intending to teach to add to her equipment a working knowledge of good basket ball. There is not time just here to enumerate the benefits which accrue to a player by acting temporarily as umpire or coach. Suffice it to say that a girl who is trained to watch for the faults or fouls of others learns how to avoid them herself.

A second point of interesting significance regarding basket ball in normal schools is the matter of competition with other schools. Whatever may be the director's personal opinion as to the wisdom of allowing inter-school contests for women, she will undoubtedly concede that if such games are permitted, the opponents chosen should be of similar age and training. High school girls should play with high school girls, university women with other university women, and Y. W. C. A. teams with representatives of their own "class." It is readily seen that a normal school stands in a class of its own, having no nearby normal schools with whom to compete. This throws contests into the school itself, where literary societies or certain grade classes may have regularly conducted tournaments which cannot fail to arouse loyalty to squad and school, as well as more general interest and knowledge of the game. At Iowa, for instance, where nine flourishing literary societies have friendly rivalry along all lines from oratory to pageantry, the tournament in basket ball was a much anticipated and carefully prepared for event. Sportsmanship in defeat and in victory was a part of the game, and loss of self-control or of a proper attitude meant loss of opportunity to compete the next year.

Demands are now constantly being made by groups and classes for basket ball privileges. Where such privileges are at all possible in normal schools, they should be granted most willingly and gladly. Supervision is necessary here as in other places, but a good deal of responsibility can be put on the students themselves, since their presence in a normal school denotes their willingness to take such responsibility. And our success with these young women who are to be teachers cannot but aid in the successful continuance of basket ball for the students of future years.

Basket Ball for High School Girls

BY JESSIE I. WHITHAM,

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Basket Ball—how the very name of the game sends a thrill through the heart of the average strong and healthy high school girl!

In the grades she has no doubt been made familiar with and proficient in games such as pass ball, medicine ball, dodge ball, progressive dodge ball, Newcomb and captain ball, which are in one sense stepping stones to the more complicated game which she looks forward to, and one of her chief ambitions is to "make the team."

Basket ball is a game in which good judgment and constant vigilance must be exercised on the part of the coaches, as the success of the game depends largely upon the person in charge. Many mistakes are made where inexperienced and unwise coaches have been employed, who cared only for the game itself and little for the physical results brought about by injury and over-exertion. Men who measure the strength of women only by their own should never be allowed to coach girls' basket ball, but only women who have the highest ideals of athletics for girls and who can instill into the players the necessity of clean, honorable fair play, unselfishness, obedience and loyalty. The coach must be firm, quick to make decisions, and able to win the confidence of all and to advise wisely when necessary. She must also be able to show that the means of gaining the victory is even more important than the victory itself. Girls of high school age are always ready to play as long and vigorously as they are allowed to, regardless of the physical effects, and inexperienced coaches will often allow them to play after the time limit has expired because they are "not tired."

Few high schools provide for an examination of the heart and

lungs. This difficulty can only be overcome by the directors' requiring a physician's certificate from each girl who enters vigorously into the sport.

One objection to basket ball is that a small number of players are required in a team, but with a little thought on the part of the director this objection may be remedied. Teams may be organized and numbered 1, 2, 3, and so on. Team No. 1 may play first for seven or eight minutes, which is sufficient time for the average girl at the beginning of the basket ball season. Team No. 2 may play while the "Ones" are resting; at the end of their first half those numbered "One" may continue, and so on, until it is possible for eight teams to play during one hour, forty-eight girls thus having training in the game.

The physical, mental, and moral effects of basket ball need little mention here, as every one is familiar with the good results of vigorous participation in good healthy exercise where there is the spirit of competition, co-operation and fair play. There are many games from which all these good qualities may be derived, yet for some reason or other they have not stood the test and held the interest as basket ball has.

The social side of the game must not be overlooked. In our large high schools there is little opportunity for one to become acquainted with one's class or school mates, but in the gymnasium or on the basket ball court the girls meet on common ground in the spirit of fun and recreation and become acquainted. Good athletes are almost always widely known among their schoolmates.

In athletics of all kinds there must be some spirit of competition, but more and more people are coming to the conclusion that inter-school games should be abolished. In such games the spirit of competition is apt to run too high and the real spirit of the game lost in the determination to "win." The excessive nervous excitement which these games often cause, not only in the players, but also in the spectators, is not good for girls of this age. Then too, the element of commercialism, which ought not to be allowed in girls' athletics, is necessary to defray the expenses of the game.

But, inter-class games where the direction is in the hands of a competent person may be carried on with success and much enjoyment for the competing teams and classes.

Should girls play basket ball according to men's rules? This question has often been asked of late.

If we consider the game from the standpoint of strenuousness alone, it would depend entirely upon the size of the field. If the field were very small, it would be possible for women to play the game as men play it; but there are other things to consider. While the testing of muscular and nervous strength and endurance is important, there is the element of roughness in the man's game, which makes it possible for women to lose their dignity, self respect, grace and poise, which are the attributes in women that should be fostered.

In conclusion, basket ball if wisely directed, with relaxation, recreation and the spirit of fun for its chief aims, is one of the most valuable forms of athletics for girls of high school age, and will be instrumental in bringing out strong, happy, well developed and competent women.

Basket Ball Under the Auspices of the Girls' Branch P.S.A.L. of New York City

BY ELIZABETH BURCHENAL, B. L.,

Executive Secretary Girls' Branch P.S.A.L., and Inspector of Girls' Athletics, Board of Education, New York City.

A tribute to basket ball is the fact that, to-day, in spite of the great development of girls' after-school athletics in the public schools of New York City, it still holds a place as one of the best loved and most widely practiced of the many athletic activities practiced by the public school girls.

Nine years ago, in 1905, the Girls' Branch of the Public Schools Athletic League was organized to provide for New York public school girls much needed wholesome recreation and opportunities for athletic practice, and to determine upon and standardize suitable athletics for girls. The fundamental policies adopted by the Girls' Branch at the outset were, and, to-day still remain, as follows :

Athletics for *all* the girls.

Athletics within the school and no inter-school competition.

Athletic events in which teams compete (not individual girls).

Athletics chosen and practiced with regard to their suitability for girls, and not merely in imitation of boys' athletics.

Basket ball suggested itself at once as a happy and effective means of introducing these policies into the high schools, as it was already known (being practically the only form of athletics practiced by high school girls at that time), was greatly in need of standardization, and lent itself ideally to adaptation to these fundamental policies of the Girls' Branch which, translated into terms of basket ball, became the following:

Basket ball practiced by girls generally throughout the school.

Inter-class championship games only (no inter-school competition).

A suitably modified game as the standard one for girls.

At that time there was no uniformity among the various schools in the manner of playing the game. The number of girls playing the game was an amazingly small proportion of the number attending school, and in only one school was the game organized throughout the school, by the woman instructor of physical training, according to the official rules for women, on an inter-class basis.

In the other high schools, if the game was played at all, it was often in outside halls not under the control of the school, coached usually by men teachers not connected with the physical training department—or sometimes even by high school boys.

These coaches, being interested and experienced only in the game as they played it themselves, were attempting to train the girls to play in the same way, but in every case they had been obliged to make modifications.

At times there were inter-scholastic games between teams coached in this way, in which there was, naturally, ill-feeling, intense excitement and all kinds of protests, due to the lack of any fixed official rules.

It is needless to say that such games as these contained nothing of the real joy and exhilaration of the game played for sport's sake, and nothing of either mental or physical benefit to the players. The mothers in one locality became so prejudiced against "basket ball" (as they knew it) on account of the roughness and excitement in the games that basket ball practice had to be discontinued because of the scarcity of girls whose parents would permit them to go into it.

The Girls' Branch undertook to change all this. Like the Public Schools Athletic League, it was then entirely a volunteer body, having no official relation to the Board of Education, but

with the approval and hearty support of the Board of Education, the Girls' Branch adopted the Official Basket Ball Rules for Women, edited by Senda Berenson Abbott, announced its policies and offered trophies to the various high schools for *inter-class* basket ball championship series, with individual "Winged Victory" athletic pins to be awarded to members of teams winning in such championship series.

At once some of the schools offered to co-operate, accepted trophies and organized *inter-class* basket ball, in each case under the supervision of the physical training instructor. At first a few schools held aloof and continued to hold *inter-school* games, but the tide of general opinion became too strong for this to continue and the policy of the Girls' Branch became gradually established until, in April, 1910, it was made official by the Board of Education in a set of resolutions in which it was specified that *inter-school competitions in any form of games or athletics for girls should be prohibited*.

The Girls' Branch still exists as an outside organization, but official authority has been given it through the action of the Committee on Athletics of the Board of Education in referring to the Girls' Branch for recommendation all matters relating to girls' athletics and through the appointment by the Board of Education in 1909 of Elizabeth Burchenal, the Executive Secretary and Athletic Instructor of the Girls' Branch, as Inspector of Girls' Athletics, thus establishing a Department of Girls' Athletics as a part of the Department of Physical Training. These official relations are also strengthened by the fact that the present President of the Girls' Branch is one of the Commissioners of the Board of Education and that a number of its executive staff are connected officially with the school system.

Trophies are still offered by the Girls' Branch, but the athletic pins are now provided by the Board of Education. To-day basket ball is among the many athletic activities sanctioned for elementary as well as high schools (though in the former it is introduced merely as preliminary practice) and is played by an ever increasing number of girls.

In the official Handbook of the Girls' Branch of the Public Schools Athletic League* for 1914-15, the specific rule in regard to basket ball given in the list of sanctioned athletics and their rules is as follows:

BASKET BALL (Line Game): Rules as given in Spalding's Official Women's Basket Ball Guide, edited by Senda Berenson Abbott.

The general athletic rules regulating all high school athletics, including basket ball, are given as follows:

RULE I. ATHLETIC MEMBERSHIPS.

The Girls' Branch recognizes as athletic members

- a. All girls who belong to athletic clubs registered in the League.
- b. All girls who take part in any series of championship games under the auspices of the Girls' Branch, Public Schools Athletic League.

RULE II. ELIGIBILITY (HIGH SCHOOL GIRLS).

- a. Athletic membership is open to all high school girls.
- b. Any girl to be eligible for membership in an athletic club, or to take part in any athletic events under the Girls' Branch, or to win any of the pins or trophies, must have a physician's certificate of physical fitness, and the personal approval of the instructor in charge.
- c. Every girl must be approved by the principal as being in good standing both in deportment and scholarship, including work in physical training.
- d. No girl who takes part in athletic competitions outside of school, unless under the auspices of the Girls' Branch of the Public Schools Athletic League, shall be eligible to take part in athletics of the League.
- e. No girl who has represented any outside organization or taken part in any inter-school competition, shall be eligible to

* Girls' Athletics, edited by Elizabeth Burchenal, B.L., Spalding's Athletic Library, Group XII., No. 314, price 10 cents.

compete in any event of this League, until twenty school weeks have elapsed from the time of such competition.

f. Girls taking part in any unsanctioned events render themselves liable to suspension.

RULE III. ELIGIBILITY (CLUBS).

In order that its members may be eligible to win athletic pins a club must

a. Register with the Executive Secretary of the Girls' Branch of the Public Schools Athletic League, 500 Park Avenue (on blanks furnished by the League), not later than November 1, and begin practice not later than November 1 (unless by permission of the Games Committee).

b. Practice only sanctioned events.

II. INTER-CLASS (or inter-club) CHAMPIONSHIP GAMES (silver winged victory pins).

a. High School Championships shall be decided within the school by a series of games whereby each team of the school shall play each of the other teams entered in the school championships. The team winning the greatest number of games is the winner of the school championship. If more than four teams are entered, preliminary games should be played to pick the four strongest teams. For the six games in which each of these four teams play each of the others, a referee will be assigned by the Board of Education through the Girls' Branch.

b. Official Rules as specified under "Athletics Sanctioned for High Schools" shall govern contests.

c. All games shall be under the direction of an instructor (preferably physical training instructor) appointed by the principal.

d. The instructor in charge of the games shall arrange the schedule.

e. The games shall be played in the school building or ground, except in case there be no suitable space. In

this case another space may be secured, only on the consent and approval of the principal.

- f. Notice of the proposed dates for games shall be sent to the Executive Secretary at least three weeks in advance. No games shall be held earlier than 3 P. M. unless by special arrangement.
- g. All girls taking part shall be eligible according to Rule II.
- h. **OFFICIALS:** Every game in a championship series must be under the direction of a Chief Official or referee assigned through the Girls' Branch. The other necessary officials shall be supplied by the school and shall be assigned to duty by the Chief Official. It shall be the duty of the Chief Official to decide all questions relating to the actual conduct of the game whose final settlement is not otherwise covered in the rules. The decision of this official shall be final and without appeal.
- i. **COSTUME:** Gymnasium suits and shoes are strongly urged. Corsets and other unsuitable clothing should not be permitted.
- j. **MARKING GROUNDS:** The floor or ground should be plainly and accurately marked before the hour of the game.
- k. **GOOD SPORTSMANSHIP:** Players should be familiar with the rules of good sportsmanship and athletic courtesy which include how to lose with good grace; never to question the decision of an official; to applaud a defeated opponent, and to play the game for sport's sake rather than to win at all costs.
- l. **SCORE:** The official score of the series shall be signed after each game by the Chief Official.
- m. **PINS:** To secure the silver-winged victory pins it is necessary for the principal to take the following steps immediately at the close of the championship series:

1. Send the official score of the entire series together with a certified list of the members of the winning team who are eligible for pins to the Executive Secretary of the Girls' Branch.
2. Send to the Director of Physical Training, 500 Park Avenue, a requisition on the regular supply blank (together with its duplicate) calling for a number sufficient for the eligible candidates including the winning team, any of its substitutes who have taken part in any games in the series, and any teacher of the school who has had active charge of the coaching of the games.

It is customary for the awarding of pins or trophy (if there is one) to be made at assembly with some official of the League invited to be present and make the award. If there is a trophy the donor is invited as a guest of honor and requested to present the trophy in person.

Basket Ball at Smith College

BY SENDA BERENSON ABBOTT.

Popular as basket ball is in almost every gymnasium in the country, Smith College has perhaps a special love for the game. It was at Smith that women first played it, over twenty years ago, and it was here that, played conscientiously with the men's rules for one season, it was first modified more nearly to suit the needs of women. In all these years it has been the game most beloved by the students, the one almost every girl who enters college hopes to be able to play, that is played with the keenest enthusiasm, that furnishes the greatest amount of material for discussion by the undergraduate or reminiscence by the alumna. It is the game, we may say without a moment of hesitation, that has done much to make Smith College athletics clean and wholesome and truly sportsmanlike.

The college has played strictly according to the WOMEN'S OFFICIAL BASKET BALL RULES ever since they were first published. To furnish a specific example of the satisfaction these rules give, when intelligently coached and strictly supervised by people who above all things believe in clean athletics, girls who have played basket ball with the men's rules or slight modifications of them before entering college never wish to abandon the women's official rules after one season at Smith.

I have had so many letters asking for information regarding the organizing of basket ball, coaching, etc., that I shall try to make this paper as helpful as possible from that point of view.

A Smith team is made up of nine players and this number is none too many for the gymnasium, which has a splendid floor—its dimensions being 100 x 60 feet. Nine on a team also gives opportunity to play to a large number, as is shown at Smith, where, notwithstanding the limitations of hours and space, over four hundred actually play weekly. The season lasts practically the whole year. Two days after the opening of college—on the

first half-holiday—a cordial invitation is extended to all the freshmen (between four hundred and fifty and five hundred enter college each year) to come to the athletic field—called Allen Field. Here the president of the Gymnasium and Field Association and the instructors in the Department of Hygiene and Physical Education welcome them and explain the desirability of joining the athletic association. Different sports are then played for their edification, and here is where they get their first thrill over Smith College basket ball.

On leaving Allen Field the most enthusiastic will probably walk over to the gymnasium and place their names on a huge cardboard in the posting room, declaring their desire to play. If they have played before entering college, they state what positions they have held and for how many years. After the students have signed, *and have had their medical examination*, if they bring a permit to play from the college physician to the instructor in charge of the game, they are put into scrub teams. Every girl is then posted to play at least once a week.

The placing of over four hundred girls in teams is no small matter. It may be of interest to see how it is done in this case. The postings are put up in the bulletin room the day before the girls are to play, in order to give every one the opportunity to indicate by a sign against her name whether or not she can play. The instructor in basket ball goes absolutely by this schedule and no girl may play who hasn't "signed up," even if she has been posted. Here is the system of signing:

v—Able to play.

vo—Physically unable to play.

o—Prevented by a conflict of some other sport or of recitations.

If a girl fails to "sign up" on the schedule after it has been posted for three times in succession she is dropped. After the students have obtained their permits to play they meet the instructor in basket ball, who gives them a talk on the fine traditional spirit of the college in regard to athletics in general and basket ball in particular; she explains the game and the rules governing it in the college. These rules are as follows:

No girl may play for four days when she is physically unfit.

Every student must wear bloomers and a gymnasium blouse and jumper and black shoes and stockings.

No girl may play more than twice a week.

A girl who plays basket ball twice a week may not play field hockey, and vice versa.

If a girl plays basket ball only once a week she may play field hockey once a week.

A neat appearance and good carriage are insisted on.

In order to encourage the habit for outdoor sports as much as possible all basket ball until November 1st is played on Allen Field; from that time until the Easter recess, in the gymnasium, and, in the spring, again on the field.

In the beginning of the year the coaching is largely concentrated on the freshmen. With the purpose of utilizing every moment, four teams are called for practice in one forty-five minute period and divide the time thus: Teams A and B practice fifteen minutes. While they are resting Teams C and D practice fifteen minutes. Then A and B come again on the floor for seven minutes and C and D then play off their seven minutes. By this method one hundred and forty-four girls may enjoy a vigorous game in one afternoon.

For freshmen who have played before entering college, the coaching is done by students selected from the junior class team and *personally supervised by the instructor*. The first fifteen minutes of a period are devoted to "end practice," i. e., the forwards and guards practice at one end of the gymnasium, the centers and forwards and guards at the opposite end. This practice consists of learning how to guard, how to get away from one's opponent, catching and throwing the ball in various ways, and playing different passes. After a ten-minute rest the final half is devoted to a regular game, refereed and coached by the instructor. During this half, balls are taken over, passes shown and practiced, and general and individual criticism is given. The instructor watches every girl closely for signs of fatigue or overdoing. She insists upon team rather than individual playing and continually strives to foster a spirit of clean sport and fair play.

The instructor takes entire charge of the coaching of girls who have never played before. It consists at first of elementary work in throwing the ball, catching it while standing, while jumping, while running and stopping at once, and also in guarding and getting rid of one's guard. Freshman scrub teams are so arranged and rearranged that girls of the same physical strength and ability shall be together. After a while the better teams meet twice a week for regular practice.*

The regular freshman and sophomore teams are not chosen until early in February, when the academic marks for the first semester are in, for the department allows no girl to make her class team if she is not up to a fixed academic standard. Another reason for the delay in choosing the class team is that with this method more girls are encouraged to play for a longer portion of the year. The junior and senior teams remain the same unless a girl is ill or does not come up to the academic standard, in which case she is dropped and her place filled from the class substitutes.

Each class chooses a representative from its class team whose duty it is to maintain enthusiasm among all the players of the class, to keep them up to the mark, and to report criticisms and suggestions regarding the game to the instructor in charge.

Smith College has always taken a firm stand against inter-collegiate basket ball. The game itself has been encouraged because by means of it the girls have been made strong and agile in body, keen and fearless in mind, and unselfish and loyal in spirit. Experience has proved that the necessary competition to keep up a lively enthusiasm for the game can be most normally brought about by so-called odd-even and inter-class games.

The odd-even games are played by members of the junior-freshman against senior-sophomore teams. These occur every three weeks and as they come on a half-holiday the girls go in large numbers to watch the game, to sing and to spur the players on. The preliminary freshman-sophomore contest is played soon after the choosing of the teams, the first week in February. It is at this time that both captains are chosen, and the coaches—

*See article on coaching by Miss McMillan.

three members from the teams of their sister classes. The junior-senior game is played on February 22 and is perhaps the most interesting one of the year from the point of view of good basket ball.

But it is the Big Game between the freshmen and sophomores—played in the middle of March—that is dear to the heart of the Smith girl. Every student who can possibly get a ticket crowds on to the gymnasium balcony. The ushers, the coaches, and sub-teams are the lucky ones to be allowed on the floor. The faculty and the few invited guests sit on the platform or near it. The gymnasium is gay with class color decorations. The tiers of eager girls in the balcony, waving gay flags, and the singing of the sister classes make an animated scene. Soon one team trots out with its mascot, then the other, the instructor of basket ball, who is the official referee, blows her whistle and the game begins. If there are any who still believe that basket ball played according to the Women's Rules is not spirited and enjoyable and does not admit of good team development they should see a game at Smith College. I quote some passages from an account which appeared in one of our leading newspapers after a freshman-sophomore game:

"The playing was very rapid and extremely vigorous. One who supposes it is a simple or weak game would be surprised to see the dash and vigor with which it is entered into. It is a whirl of excitement from start to finish, and yet, with all the desperate earnestness and determination with which the game is played, there is excellent control and much dexterity shown. There is splendid temper and true sportswomanlike spirit in the game. The amount of physical strength and endurance which is cultivated is readily apparent."

Although the spectators are not allowed to cheer, the game is no sooner over than the defeated rush together and cheer heartily for the victorious team. All the college then rushes on to the floor, and gives vent to its pent-up feelings in singing and jollity. But fine as the spirit is which has been shown through all the playing of the game and afterwards in the gymnasium, the most convincing illustration of what sports

may develop in women is shown at the supper that is given in the evening by the sophomores to the freshmen and all the officers of the game. One may see in the Allen Field clubhouse the girls sitting together who a while before played against each other. They are chatting and laughing and having the merriest of times, finishing the occasion by many but luckily short speeches of happy gibes or sincere words of admiration. And this altruistic spirit seems to permeate the college at large for, although the girls vow most dire happenings to the rival teams in their songs, they join in one holiday feeling of friendliness and good will after the game.

The final basket ball game is played out of doors in May.

Smith College has a 'varsity team, but it is purely an honorary one. It is chosen from members of the three upper class teams and is a distinction every girl who makes a class team strives hard to attain. The judges for the choosing of this team consist of two members of the department of physical education, the president of the athletic association and the captains of the teams, and the points in consideration are:

- 1—Playing—team and individual.
- 2—Carriage.
- 3—Discipline.
- 4—Proper spirit towards athletics.
- 5—General hygienic attitude.

Enthusiasm for the game has never waned. The very fact that over four hundred play each year should prove this. But the fine spirit shown by the girls should also prove that basket ball, strictly supervised and carefully coached, with high ideals of character building in mind, is one that develops a normal, healthy, enthusiastic girl who is glad to win a game but most glad to *play the game*.

Basket Ball at Radcliffe

BY FLORENCE FEELEY, RADCLIFFE, '14.

From the viewpoint of an undergraduate, basket ball at Radcliffe presents for the player at least four distinct advantages: mentally, it invites keen concentration of the mind; socially, it fosters a deep feeling of friendship; educationally, it quickens the intellect, and, physically, it promotes the development of the body. To be sure, our other sports—hockey, base ball, swimming and tennis—contribute their respective share of virtues, but these latter are merely parts of a great whole; here basket ball is its own entirety.

At the tolling of our November imaginary bell our basket ball season really opens. A poster, a notice to the Seniors and Juniors, an invitation to the Sophomores and Freshmen, announces the first call for 'varsity candidates. The response is customarily gratifying—surely forty of the regular gymnasium attendants report.

After this original squad has practised regularly one hour a week for a month, the captain, assisted by the two physical instructors, selects a provisional line-up, a 'varsity and a second team. Now coaching commences—scientific theories of our supervisors, plus practical ideas of our captain, unite into one systematic plan, terminating only at their common goal, the advancement of the nine. But when this seemingly stupendous and intricate project is examined it evolves into the simple little system of team play.

We frown upon individual playing as such and insist upon team work. This method of coaching has subjugated the self-interest of the player to the common interest of the team; it has exchanged loyalty to self for loyalty to her fellow-members. The individual player radiates in the universal brilliancy of her team; she learns that her splendid playing alone will not bring success,

she learns that she must co-operate—combine intelligently her potent influence with that of her companions. Instead of each member's working independently and without observing the action of her fellows she works in unison and joins her efforts into a harmonious unit.

We find that this subordinating of the individual develops all the characteristics of clean, open play. For example, it encourages strict attention and judgment, self-confidence and self-control, and perhaps what is most admirable, the power to accept with equanimity both victory and defeat.

Personally, I think team-play more than anything else has tended to give basket ball a permanent place at Radcliffe. A spectator at one of our fall practices once said to me, "From appearances, team play is more or less of a farce. Don't you think so?" I replied, "I do not think so. On the contrary from experience, I know emphatically that team play is indispensable."

Later, when our team in the competitive games won the championship through superior team work, my former skeptic friend was the first to commend us for our proper co-ordination.

The fact that we play nine on a side, with lines, curtails to a certain extent a complicated outline of team work, nevertheless, thanks to our large floor, we can show an effective game. We give our players assigned territory; this makes possible clear, free action—thus rough and ineffective scrimmage is eliminated and the result is clean and efficient plays. To facilitate our general scheme we use the rapid and continuous pass and shun the wild, spectacular shot. This we find makes a fairer and neater game.

But, primarily, the object of all our games is good, clean sport. To assert, however, that we enter a game with no thought of a possible victory, would be folly; but our aim is to succeed, not because of a foul, misunderstanding, or technicality, but because we have benefited from our spirit of co-ordination and co-operation; because we have played our game honestly and honorably, and, because we have outplayed, fairly and openly, from every point of view, our opponents.



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HELENA (ARKANSAS) TEAM.



HERON LAKE (MINN.) HIGH SCHOOL TEAM.



HIGHLAND HIGH SCHOOL TEAM, FT. THOMAS, KY.



IMMANUEL PRESBYTERIAN CHURCH TEAM, MILWAUKEE, WIS.



LOUISIANA STATE NORMAL SCHOOL, NATCHITOCHES, LA.



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PENNSYLVANIA STATE NORMAL SCHOOL TEAM, INDIANA, PA.



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CAPIZ (P. I.) PROVINCIAL HIGH SCHOOL TEAM.



GOLDSBORO (N. C.) HIGH SCHOOL TEAM.



GRAMMAR SCHOOL TEAM, BERTRAND, NEB.



GREENVILLE (ILL.) COLLEGE TEAM.



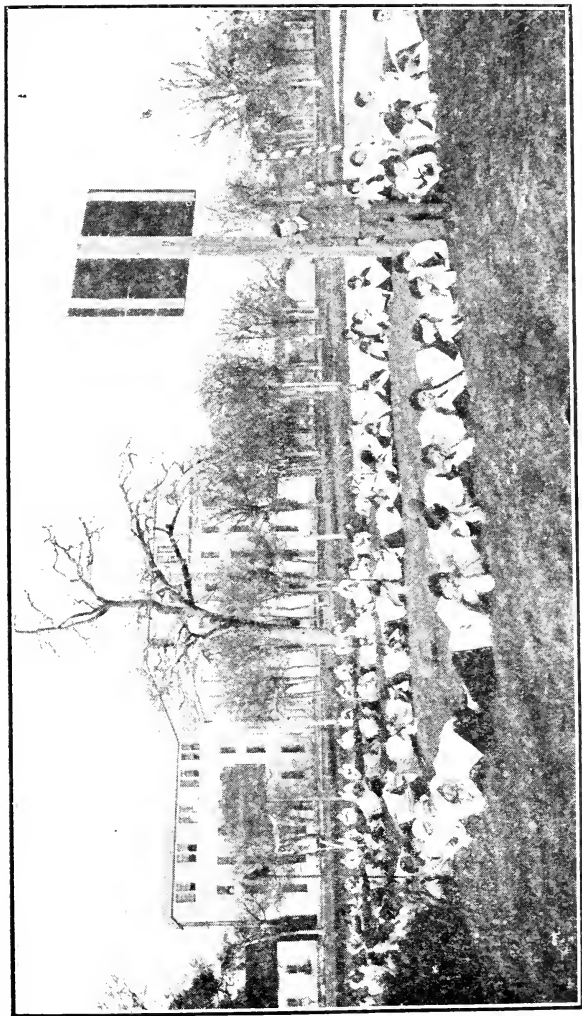
LEBAM (WASH.) HIGH SCHOOL TEAM.



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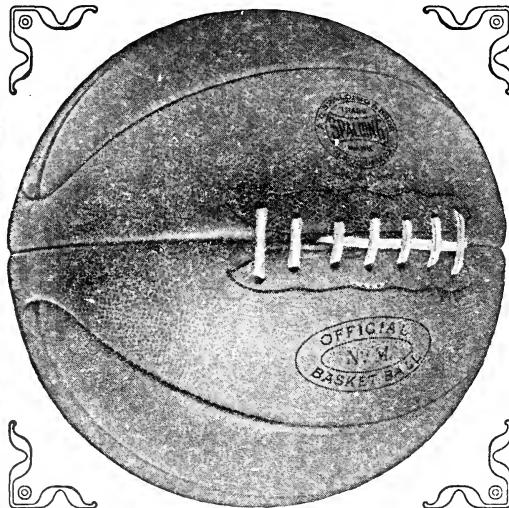
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No. 4



No. 3



No. 7



No. 2

No. 4. Horn Whistle, nickel-plated, made of heavy metal. Each, 75c.

No. 3. Nickel-plated, special deep tone. 75c.

No. 7. Nickel-plated, heavy metal whistle. The most satisfactory and loudest of any. Each, 35c.

No. 2. Very reliable, popular design. 25c.

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

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ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

SPALDING "OFFICIAL" BASKET BALL GOALS

Extract from Official Rule Book

RULE III.—GOALS

Sec. 3. The goal made by A. G. Spalding & Bros. shall be the official goal.

Sec. 4. The official goal must be used in all match games.

No. 80. Officially adopted and must be used in all match games. Pr., \$4.00

No. 90. This is the only drop forged goal made, to the best of our knowledge. We have gone to a great deal of trouble and expense to make it, so we can guarantee that even under the heaviest and most severe use it will not break. Same size basket, and brace same length as on official goals. Extra heavy nets. This is the style goal that should be used in all large gymnasiums. . . . Pair, \$5.00

Detachable Basket Ball Goal

No. 50. Detached readily from the wall or upright, leaving no obstruction to interfere with other games or with general gymnasium work. Same size basket, and brace same length as on official goals. . . . Pair, \$6.00

Spalding Practice Goal

No. 70. Japanned Iron Rings and Brackets. Complete with nets.

Pair, \$3.00

Spalding Nets, Separate, for Goal

Heavy twine; hand knitted; white

The same as supplied with No. 80 Goals. . . . Pair, 50c

Spalding Basket Ball Score Books

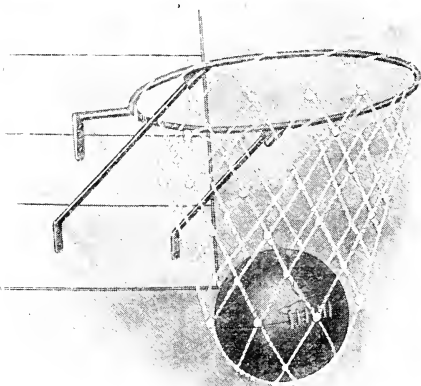
No. 1. Paper cover, 10 games. Ea., 10c

No. 2. Cloth cover, 25 games. " 25c

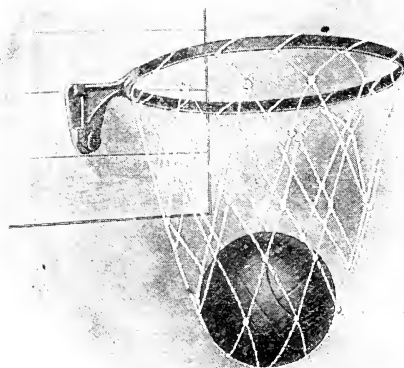
No. A. Collegiate, paper cover, 10 games. . . . Each, 10c

No. B. Collegiate, cloth cover, 25 games. . . . Each, 25c

No. W. For Women. . . . " 25c



No. 80



No. 50

Pat. May 25, 1909

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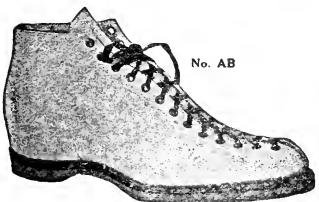
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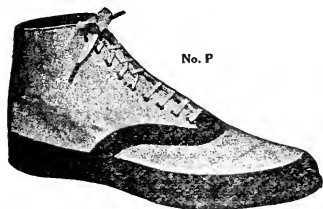
SPALDING BASKET BALL SHOES



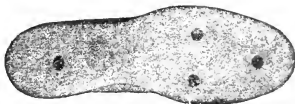
No. BBS



No. AB



No. P



Spalding "Sprinting" Basket Ball Shoes

No. BBS. Made with flexible shank, on same principle as on "sprinting" base ball and foot ball shoes. Extremely light in weight, well finished inside. Improved patented pure gum thick rubber suction soles, with reinforced edges, absolutely guaranteed to give satisfaction with reasonable use. Lace extremely far down. Uppers of best quality black genuine kangaroo leather. Light, flexible and durable. Strictly bench made. Supplied on special order only, not carried in stock. . . . Pair, \$8.00 ★ \$7.50 Pair.

On orders for five pairs or more, price in italics, preceded by ★, will apply.

SPECIAL NOTICE—In a game like basket ball, which is played generally on board floors, there is a strain on the feet altogether different from that in almost any other athletic game, and to support this strain, properly made shoes with leather uppers and correctly shaped soles are absolutely necessary. It is a fact that players on many teams wear canvas top shoes and we supply in our No. P shoes, listed below, absolutely the best canvas top basket ball shoes ever made, and the same style as worn by some very successful teams, but from our long experience in catering to athletes and watching closely, as we have done, the development of basket ball and its effects on the physical condition of players, we cannot consistently recommend canvas top shoes for any athletic use and especially not for basket ball.

No. AB. High cut, drab calf, Blucher cut; heavy red rubber suction soles, superior quality.

Pair, \$5.00



No. BBL

No. BBL. Women's. High cut, black chrome leather, good quality red rubber suction soles. Pair, \$4.50

Spalding Special Canvas Top Basket Ball Shoes

Special quality soft rubber soles. These soles absolutely hold on the most slippery floor. Light weight, durable, correct in design. Sizes 5 to 11 only. No other sizes.

No. P. Pair, \$4.00 ★ \$43.20 Dozen pairs

On orders for five pairs or more, price in italics, preceded by ★, will apply.

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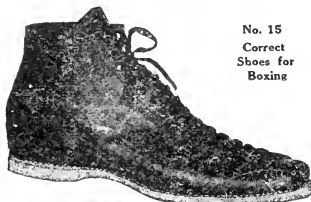


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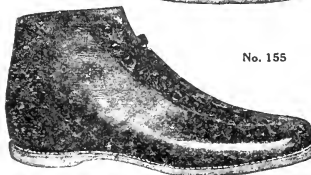
SPALDING GYMNASIUM SHOES

Gymnasium Shoes must be comfortable and easy, yet fit snugly and give the wearer a sure footing—they must also be durable. Spalding Gymnasium Shoes possess all of these good qualities and, in addition, are reasonable in price.



No. 15
Correct
Shoes for
Boxing

No. 15. High cut, kangaroo uppers, genuine elk-skin soles. Will not slip on floor; extra light. The correct shoes to wear for boxing. Pair, \$5.00



No. 155

No. 155. High cut, elk-skin soles, and will not slip on floor; soft and flexible, women's and men's sizes. Pair, \$4.50



No. 21

No. 166. Low cut, selected leather, extra light and electric soles: men's sizes only

Pair, \$3.00

No. 66L. Women's. Low cut, extra light, selected leather uppers. Electric soles. Pair, \$3.00

No. 90L. Women's. Low cut, black leather, electric soles and corrugated rubber heels. Pair, \$2.50

No. 21. High cut, black leather, electric soles. Sewed and turned, which makes shoes extremely light and flexible.

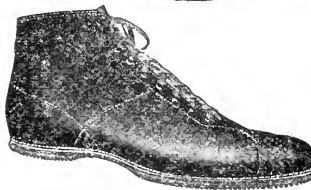
Pair, \$2.50

No. 20. Low cut. Otherwise as No. 21. Sewed and turned shoes.

Pair, \$2.00

No. 20L. Women's. Otherwise as No. 20. Sewed and turned shoes.

Pair, \$2.00



No. 133

Spalding Special Bowling Shoes No. 133. Best selected drab chrome tanned leather uppers with corrugated rubber soles and flexible shank. A perfect bowling shoe and very satisfactory also for general gymnasium use.

Pair, \$4.50

No. 148. For bowling and general gymnasium use. Light drab chrome tanned leather uppers with electric soles. Laces extremely low down.

Pair, \$3.50



No. 166



No. 66L



No. 90L



No. 20



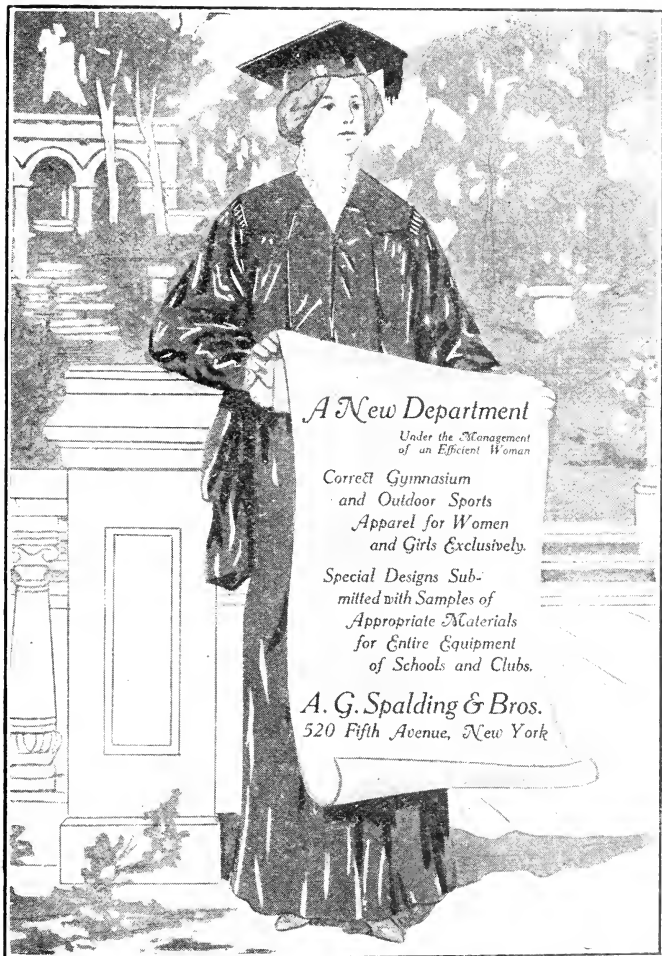
No. 148
Bowling
Shoe

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Under the Management
of an Efficient Woman

Correct Gymnasium
and Outdoor Sports
Apparel for Women
and Girls Exclusively.

Special Designs Sub-
mitted with Samples of
Appropriate Materials
for Entire Equipment
of Schools and Clubs.

A. G. Spalding & Bros.
520 Fifth Avenue, New York



"College"
Gymnasium
Suit



"Normal"
Gymnasium
Suit



Complete
"Basket Ball"
Outfit



One-Piece
"Swimming"
Suit



"Soccer"
Foot Ball
Suit

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"COLLEGE" GYMNASIUM SUIT

No. 331. SUIT. Best quality Mohair, Brown, Black or Navy. Rolling collar, any color. Wide tucks on both sides of waist. Long, three-quarter or elbow sleeves. Full pleated bloomers. Any color silk necktie. Suit, complete, \$8.50

When ordering, mention color of collar, cuffs and necktie required.

No. 21. SHOES. As shown in cut. Black leather, with roughened electric soles. Extremely light and flexible. High cut. Pair, \$2.50

No. 2. ASH BAR BELL. Shown in cut. Selected material, highly polished, 5 feet long. Ea., .45

"NORMAL" GYMNASIUM SUIT

No. 333. SUIT. Mohair, Brown, Black, Navy; round neck; braid trimming or stitching; short sleeves, plain or trimmed; pleats both sides of waist; full pleated bloomers. Suit, complete, \$8.50

No. 332. SUIT. Same as No. 333, but square cut neck. 8.50

No. 85L. SHOES. Shown in cut. Black leather, with roughened electric soles; low cut. Pair, 2.00

No. 12. MEDICINE BALL. Shown in cut. Special wound, not simply stuffed; tan selected leather cover; smooth. Weight six pounds. Each, \$6.00

COMPLETE "BASKET BALL" OUTFIT

AS SHOWN IN CUT,
CONSISTS OF

No. 111. MIDDY. White Jean (also Tan Jean), special cut front. Sailor collar and cuffs of self or contrasting color; belt loops. Embroidered eyelets, white lace, short sleeves. Each, \$1.50

No. LT. WINDSOR TIE. Black, Navy, Red, Cadet, Brown or Green. .50

No. 30. BELT. Width 3 inches. Green, Navy, Tan, Cadet, Red or Black enamel leather. Gilt or gun metal buckle. Each, \$1.50

No. 20. BELT. Width 2 inches, otherwise same as No. 30. 1.00

No. 220. BLOOMERS. French Serge; Brown, Green, Black, Navy. Full pleated. Pair, 5.50

No. AB. SHOES. High cut. Drab calf, Blucher style, heavy Red rubber suction soles. 5.00

Together with

No. M. BASKET BALL. Recognized universally as "official." Special quality imported leather case. Pure rubber guaranteed bladder. Each, \$6.00

Include also

No. 80. GOALS. Official for all games. Pair, \$4.00

ONE-PIECE "SWIMMING" SUIT

No. 400. POPLIN ONE-PIECE SWIMMING SUIT. Black or Brown only; button on shoulder. Shown in cut on opposite page. Each, \$3.00

No. SH. RUBBER DIVING CAP. Good quality extra heavy rubber. This cap, with care, should last a season. Shown in cut. Each, 75c.

We supply also

No. S. RUBBER DIVING CAP. Pure rubber, but lighter than No. SH. Each, 50c.

No. 4RL. INDOOR SWIMMING SUIT. One-piece, close fitting. Fine quality worsted, all sizes; Black, Navy or plain White. Buttons over shoulders. Each, \$3.00

No. 2RL. INDOOR SWIMMING SUIT. One-piece, close fitting, extra quality mercerized cotton, silky finish; Navy Blue or Black; buttons over shoulders. Each, \$2.00

No. 1RL. INDOOR SWIMMING SUIT or for wear under regular bathing suits. One-piece, close fitting, cotton; plain Black or plain Navy Blue; buttons over shoulders. Each, \$1.00

No. WPC. WATER POLO CAP. Various colors. 1.00

No. 1. WATER POLO BALL. Rubber fabric. 2.00

No. WJP. SWEATER. Worsted, plain colors, heather mixtures; roll collar; pockets. 8.00

No. VGP. SWEATER. Button front, open at neck; no roll collar; best selected worsted, plain colors and heather mixtures; pockets. Each, \$6.50

No. FE. BATHING SLIPPERS. High cut, best quality canvas; leather soles. Pair, 1.25

"SOCCER" FOOT BALL SUIT

AS SHOWN IN CUT,
CONSISTS OF

No. 220. BLOOMERS. French Serge, Green, Brown, Black or Navy; full pleated. Pair, \$5.50

No. WR. STOCKINGS. Worsted; plain colors, heather mixtures, broad rib; extra long. 3.00

No. WFC. CAP. French Knitted; best worsted; plain colors and heather mixtures. Each, 2.00

No. UW. SOCCER SHOES. Drab Horsehide, with special leather box toes and round leather cleats; leather ankle patch. Pair, \$4.00

Together with

No. L. SOCCER FOOT BALL. "Official." Selected leather case, complete with guaranteed rubber bladder and rawhide lace. Each, \$5.00

Other Soccer Foot
Balls at \$3.50, \$2.50
and \$1.50

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Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 15 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is the "Spalding Policy," which has already been in successful operation for the past 15 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A. G. Spalding.*
PRESIDENT.

Standard Quality

An article that is universally given the appellation "Standard" is thereby conceded to be the criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-eight years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the Guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros.

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ATHLETIC

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GRAND PRIX



PARIS, 1900

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ARE THE STANDARD OF THE WORLD

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NEW YORK	CHICAGO	ST. LOUIS	
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PHILADELPHIA	DETROIT	SAN FRANCISCO	
NEWARK	CINCINNATI	LOS ANGELES	
ALBANY	CLEVELAND	SEATTLE	
BUFFALO	COLUMBUS	SALT LAKE CITY	
SYRACUSE	INDIANAPOLIS	PORTLAND	
ROCHESTER	PITTSBURGH	MINNEAPOLIS	
BALTIMORE	WASHINGTON	ATLANTA	ST. PAUL
LONDON, ENGLAND		LOUISVILLE	DENVER
LIVERPOOL, ENGLAND		NEW ORLEANS	DALLAS
BIRMINGHAM, ENGLAND		MONTREAL, CANADA	
MANCHESTER, ENGLAND		TORONTO, CANADA	
EDINBURGH, SCOTLAND		PARIS, FRANCE	
GLASGOW, SCOTLAND		SYDNEY, AUSTRALIA	

Factories owned and operated by A. G. Spalding & Bros. and where all of Spalding's Trade-Marked Athletic Goods are made are located in the following cities:

NEW YORK	CHICAGO	SAN FRANCISCO	CHICOPEE, MASS.
BROOKLYN	BOSTON	PHILADELPHIA	LONDON, ENG.